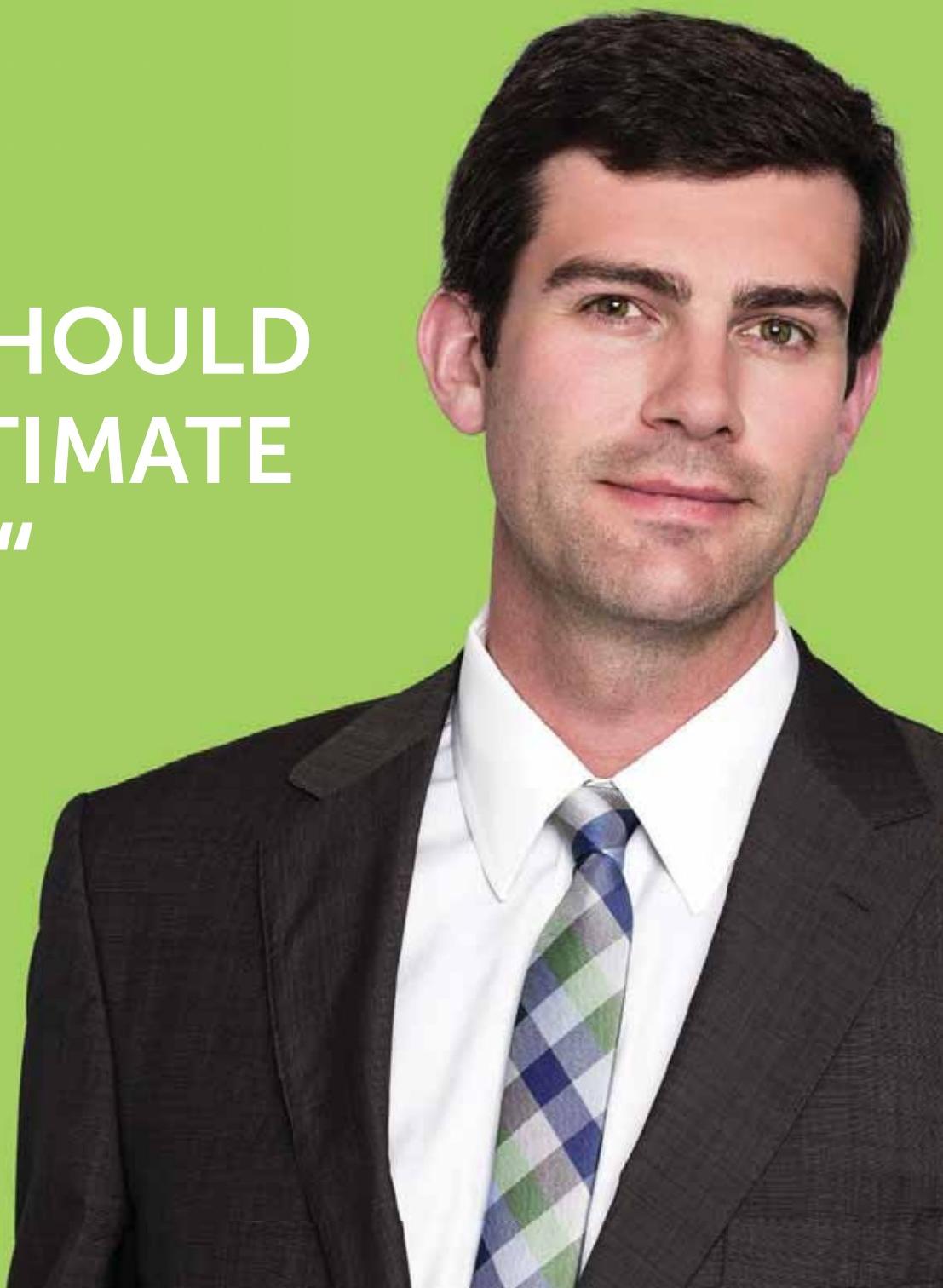




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Constitution crib notes

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PAGE 15

One foot in cyberspace

Canadian creates doc on what it means to be human today

PAGE 22

UM, WHY DO YOU CARE ABOUT ME SO MUCH?

DON JON STAR SCARLETT JOHANSSON TALKS ABOUT HOW SHE DOESN'T UNDERSTAND WHY PEOPLE ARE SO INTERESTED IN HER LIFE. AND INTERNET FREEDOM

PAGE 17



St. Albert teens hospitalized after possible use of synthetic drug

RCMP worried.

Concerned more of drug could be in the community



**RYAN
TUMILTY**

ryan.tumilty@metronews.ca

What appears to be a case of synthetic drug use in St. Albert put two teens in hospital Monday night.

Police were called for two separate incidents of teens in medical distress on Monday night and a 14-year-old boy had to be airlifted to hospital after he experienced seizures.

Quoted

"We are very concerned that there could be more of this substance out in the community and we want to stress this shouldn't be experimented with or tried."

Cpl. Laurel Kading

A 16-year-old boy was also nearby in medical distress and had to be rushed to hospital as well, though he was released Tuesday.

St. Albert RCMP Cpl. Laurel Kading said they initially believed the drug the teens had used was a form of synthetic marijuana called K2 or Spice, but that was based on the recollections of one of the teens.

"We don't have it clearly identified at this point in time and they didn't have any more on them to be analyzed."

The 14-year-old boy remains in hospital, but his condition was improving and he had regained consciousness and started breathing on his own, according to Kading.

Kading said the RCMP haven't been overwhelmed with cases of synthetic drug use, but it does appear to be

about it and seeing that it's out there," she said.

Health Canada has issued warning about the synthetic drugs. Kading said police don't yet know where these drugs came from, but they are working to determine that.

She said the shifting nature of the drugs can make it difficult for law enforcement to deal with.

"It's not one of the standard drugs that the courts are used to dealing with," she said.

Kading said regardless of where the law classifies the drug, it is clear that it is dangerous and the RCMP hope parents talk with their children about it.

"We are very concerned that there could be more of this substance out in the community and we want to stress this shouldn't be experimented with or tried."

Chad Orydzuk, a spokesperson for Edmonton police, said they are not seeing high volumes of synthetic marijuana in the city to date. He said less than one per cent of the marijuana police encounter is of the synthetic variety.

on the rise.

"It's something that's cropping up on the horizon. I wouldn't say that we've seen a lot of it, but you're hearing

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OILERS ON A ROLL

New York Rangers goalie Martin Biron makes the save on the Edmonton Oilers' Jordan Eberle during second-period NHL pre-season action in Edmonton on Tuesday. Story, page 30.

JASON FRANSON/THE CANADIAN PRESS

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Proposal

Study backs 13% harmonized sales tax for Alberta

A Calgary tax-policy expert says Alberta should bring in an eight per cent sales tax and combine it with the five per cent GST.

Jack Mintz, from the School of Public Policy at the University of Calgary, said a 13 per cent harmonized sales tax could end up being revenue neutral for the province and make Alberta a more attractive place for business and investment.

He, along with co-author Philip Bazel, released a report Tuesday on the effects an HST could have on Alberta citizens, government revenue and the province's business environment.

"Simplifying it is saying what we have is a proposal here that is not just introducing a sales tax. With the significant reduction in personal income taxes, most people are going to be taken off personal income-tax rolls under our proposal," Mintz said.

Mintz said the proposal would include raising the personal income-tax exemption to \$57,250 from \$17,593 for each Alberta resident, more than making up for what Albertans would pay with an HST.

"Instead of 70 per cent of people paying personal income taxes in Alberta, only 30 per cent of people would pay personal income taxes in Alberta," said Mintz. "We would also introduce a low-income HST credit, which would shelter low-income people from paying more tax."

Corporate taxes could also be cut.

THE CANADIAN PRESS



A worker clears a snowy sidewalk on 99 Street last winter. Mayoral candidates debated expansions of the city's snow-clearing efforts on Tuesday. METRO FILE

Snow slides into election campaign

Dueling proposals. Candidates debate sidewalk-clearing policy



**RYAN
TUMILTY**

ryan.tumilty@metronews.ca

It was a snow fight of a whole different kind Tuesday as mayoral candidates unveiled their plans to improve snow-clearing in the city.

Karen Leibovici announced her proposal for a new program to clear seniors' sidewalks. Seniors would be able to register to have their side-

Snow busters

- The city expects all city sidewalks to be cleared within 48 hours of a major storm and bylaw officers can issue fines if that is not done.
- The Seniors Association of Greater Edmonton currently operates a snow-busters program that uses local community groups to clear snow from sidewalks.

walk cleared if they are unable to do it themselves.

"Right now we know there are seniors that are home-bound and are in a situation where they can't afford to pay for snow removal," she said.

Leibovici pledged to have city administration work with volunteer groups that perform the service now to help seniors.

Kerry Diotte went a step further with his proposal, saying he wants the city to look at plowing all sidewalks.

"I believe we should be able to plow all sidewalks and streets in the city," he said.

Diotte has pledged to keep tax increases below inflation and run a more efficient city, but he said he believes money

can be found in the existing budget for this program.

"People often say you have two choices: either cut services or raise taxes, and that is just lazy," he said. "There are cost efficiencies to be found."

Don Iveson said Diotte's pledge is possible, but not while also keeping taxes low. He pointed to a report city councillors received in 2011 that pegged the cost at \$19.3 million.

"The city is struggling to properly look after the sidewalks we are responsible for. So expanding our snow-clearing to every sidewalk in the city is doable, but it ain't going to be cheap," said Iveson.

1
NEWS

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Hitting the hustings. Mayoral hopefuls get out on the campaign trail

On the first full day on the campaign trail, the leading candidates for mayor sparred over the financial future of the city.

At a forum organized by the Hong Kong Canada Business Association, candidate Kerry Diotte said he got into the mayor's race specifically because he felt the financial future of the city needs work.

"The reason I am running for mayor is we are truly running down a dangerous path," he said. "We can't continue with runaway spending and think there is a money tree."

Karen Leibovici also pledged to put money matters front

and centre, but stressed people needed to remember that the mayor has only one vote.

She said she was best positioned to lead a council.

"If council is not cohesive the next four years will be very upsetting to Edmontonians."

Don Iveson stressed the need to get the basics right, but also said the city has a bright future and we need to take advantage of it.

"Edmonton is the most underestimated city in North America and I think we are tired of it. I think we are done apologizing for it," he said.

RYAN TUMILTY/METRO



Karen Leibovici, Don Iveson and Kerry Diotte take questions from the audience during the Hong Kong Canada Business Association forum. RYAN TUMILTY/METRO



County councillors have prohibited the Boonstock festival from getting a permit for another event on the site they have been using for several years.
FLICKR/CREATIVE COMMONS/BLACKBERRY

Boonstock banned in Sturgeon County

Campaign promise

Iveson says he would increase road budget

Candidate Don Iveson promised more money to smooth out the city's roads Tuesday.

Iveson announced he would push for a 25 per cent increase in the city's road budget from \$160 million to \$200 million if he is elected, phased in over three years.

Iveson said he believes he could find the money for the program through a plan he announced last week to find two per cent in the budget in savings every year. METRO

Rental controversy

Freemen-on-the-Land follower was wanted in Quebec

The man who an Alberta senior says claimed her rental property as a "sovereign embassy" had a warrant issued for his arrest in Quebec when he stopped showing up in the middle of his assault trial.

Andreas Pirelli, who sources have confirmed also goes by Mario Antonacci, was in the middle of a trial in Montreal in May 2010 when media reports say he failed to show up and a warrant was issued. THE CANADIAN PRESS

When the music's over. Councillors voted to ban event due to citizen complaints, but promoter says fest got axe because it's an election year

 **RYAN TUMILTY**
ryan.tumilty@metronews.ca

A major Edmonton-area music festival is without a home after Sturgeon County

councillors voted to deny it any future permits.

Coun. Tom Flynn said there were traffic problems getting the tens of thousands of festival-goers onto the site, concerns from residents about noise and even an alleged incident where someone left the site and broke into a nearby house.

"There were a number of significant concerns from residents," he said.

Flynn said the county was tired of having to force the promoter to take the steps to make the project run smoothly.

Long run

9

Boonstock had been operating for nine years at the same site near Gibbons.

"As a promoter he would get there, but only like 80 per cent and you had to push him to get there," he said.

Promoter Colin Kobza said he believes the county's reaction had nothing to do with his festival.

"I believe it's political. It's an election year."

Kobza rejected any notion that his festival was unsafe. He said less than one percent of the festival attendees caused any kind of problem. He said other festivals with worse safety records have been accommodated in other communities.

Despite the setback, Kobza said Boonstock will move on and he is looking forward to finding a new location and expanding the festival.

"We are going to find a location and we are going to be bigger, louder and crazier than ever."

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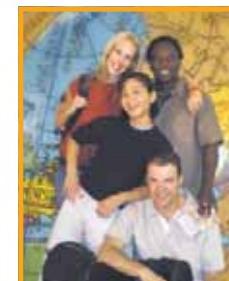
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Studying soldiers and stress in the crucible: Afghanistan

University of Alberta abroad. Researcher duo to spend a month talking and testing

LUCY HAINES
edmonton@metronews.ca

With mental illness one of the top issues affecting soldiers and veterans, a University of Alberta researcher will spend a month with troops in Afghanistan to measure how they cope with stress.

Ibojla Cernak, Canadian Military and Veterans' Chair in Clinical Rehabilitation at the U of A, along with research associate Jose Arekadan, will be measuring saliva and urine samples from some 120 soldiers based in Edmonton and CFB Shilo in Manitoba.

Examining stress hormones and enzymes in the samples, plus self-reporting questionnaires, will give re-

searchers insight into how stress can make some more susceptible to injury and illness.

"We hope that as we measure soldiers under performance pressure ... we can intervene earlier with pre-emptive rehabilitation," said Cernak. "We don't want to wait for problems to fully develop."

Stationed in Afghanistan in 2008, Capt. Bruce Cleveland knows first-hand the factors that can lead to mental-health issues for soldiers. Now retired, Cleveland was a social-work officer at Kandahar Airfield before his return to Canada and his own diagnosis of PTSD and depression.

"The long foot patrols in extreme heat, the unease of not knowing who the bad guy is, being away from family — it all affects the psyche. This is groundbreaking research because it takes away the subjectivity of self-reporting. For many reasons, soldiers often tough it out, and this provides biological tests that can help

Top problems

Mental health, concussions and low-back pain are the leading health issues affecting soldiers and veterans.

- An estimated 10-12 per cent of Canadian Forces personnel report mental-health issues, including depression and PTSD.

those who suffer silently," said Cleveland.

"The external stigma is less now. Soldiers are told there's no shame in feeling down, but it's still hard to acknowledge to themselves that they're not Superman," Cernak said.

Soldiers in the study did baseline tests before deployment, measuring impulse control, how they process emotions and response to visual stimuli and memory. Researchers will follow up after six months and at the one-, three- and five-year mark.



University of Alberta researcher Ibojla Cernak says that although the stigma around mental-health issues is lower now for soldiers, many still find it hard to acknowledge they aren't "Superman." LUCY HAINES/FOR METRO

Province asks feds to pitch in on flood prevention



Alberta Municipal Affairs Minister Doug Griffiths announced the province will host a flood-mitigation forum on Oct. 4. BILL GRAVELAND/THE CANADIAN PRESS

Don Iveson

Mayoral hopeful releases list of campaign donors

Don Iveson made good on a promise to release information on his campaign donors yesterday.

Iveson revealed he has had a total of 441 donors,

with 230 of them giving less than \$100 and 211 giving more than \$100. In total the campaign has raised \$318,772.

Iveson said it is only fair to voters to disclose donors before election day.

"I think voters should see where the money that powers these campaigns comes from," he said.

Karen Leibovici revealed

Alberta will ask Ottawa to help pay for flood-prevention projects in addition to the costs of the devastation caused by the flooding in June.

"The ounce of prevention is worth a pound of cure, and so investing in mitigation now saves us all money down the road," Municipal Affairs Minister Doug Griffiths said Tuesday.

"If it's a fact that Ottawa ends up paying 90 per cent of the costs of disaster recovery, it would be very prudent for them to invest in some mitigation. So we're going to con-

tinue to ask for some resources there as we go forward."

The province does not have an estimate yet on how much mitigation projects will cost.

The government expects total flood damage will be around \$5 billion.

Griffiths said Ottawa's share of that would be up to \$2.5 billion. The insurance industry is expected to cover another \$1.7 billion.

Griffiths repeated his earlier hope that Ottawa would advance Alberta \$500 million this year to help defer costs.

He told the Calgary Cham-

Costs still rising

The Insurance Bureau of Canada said the June floods already rank as the most expensive natural disaster in Canadian history.

ber of Commerce that governments need to take action now on flood mitigation.

"Albertans don't want another study indicating what we could do. We've got tons of studies, tons of information," he said.

"We've gathered great in-

formation from experts on water movement. It's time to put some of that into action. Engineer the results so people can see the detention dams going into place or the diversions — whatever is going to secure their community."

Griffiths announced the province will host a flood-mitigation forum in Calgary on Oct. 4.

Experts, community representatives and members of the public have been invited to discuss ideas on what to do to help prevent the next major flood. THE CANADIAN PRESS

Phones aren't toys

'Hello, 911? Hurry, there's a monster under my bed'

Mounties in Alberta say they are getting a lot of false 911 calls and say they're coming from deactivated cellphones that parents have given their

kids.

Grande Prairie RCMP say in one day, one child made 44 false emergency calls.

Police say that even though a cellphone may no longer be in service, if it has power it can make 911 calls.

Each call results in a file being created, and police have to investigate to ensure that there is no emergency and that no one

is in distress. Mounties say that takes resources away from other pressing concerns in the community.

If a deactivated or decommissioned phone is given to a child, police ask that parents or caregivers take steps to ensure that child does not use the emergency-contact button. THE CANADIAN PRESS

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Bianca McGregor, marketing director at the RCMP Heritage Centre, shows off the Mountie Barbie, which is representing Canada in the Dolls of the World collection. ALYSSA MCDONALD/METRO IN REGINA

Barbie gets a Canuck makeover

Limited edition.

Mattel's iconic fashionista dons the Mountie red and white as part of the Dolls of the World collection

 **ALYSSA MCDONALD**
Metro in Regina

Though Barbie has donned many outfits over the decades, she is now suiting up in the Red Serge for a limited-edition doll.

The Mountie Barbie is repre-

Mount sold separately

"She really should have a horse ... because she is a member of the Royal Canadian Mounted Police."

Bianca McGregor, marketing director at the RCMP Heritage Centre

senting Canada as part of the iconic figurine's Dolls of the World collection, featuring the fashionable female wearing the traditional attire of the Royal Canadian Mounted Police — with some slight modifications.

"She's got a great uniform," Bianca McGregor, marketing

director at the RCMP Heritage Centre in Regina, said of the outfits worn by the Mattel doll.

"Her boots are a little bit high. She probably wouldn't have a heel, (as) that's not standard issue — so she is really making a fashion statement."

McGregor also pointed out that on the back of the doll's box, Barbie acknowledges that her long hair — about as red as her uniform — would be up in a tight bun as an RCMP officer.

The limited edition is being sold at the RCMP Heritage Centre as well as at the official Mountie Shop in Ottawa, with a portion of sales proceeds going toward the RCMP Foundation.

Austria

Church fined \$13K for mass texting

Austria's Roman Catholic church has learned its lesson: Mass is OK, mass texting is not.

A diocese in the southern city of Graz says it has been found guilty of contravening Austria's telecommunications law by sending mass texts to the cellphones of followers asking them to pay overdue membership fees. Diocese official Hertha Ferk was quoted by the Der Standard newspaper on Tuesday as saying the diocese has agreed to pay a fine that is under 10,000 euros (\$13,475 US).

THE ASSOCIATED PRESS

Paper jam. Sask. man's Peachy Printer pitch turns into a crowdfunding craze

A Saskatchewan entrepreneur is quickly becoming a Kickstarter celebrity with his pitch to build a \$100 3D printer.

On Friday, Rylan Grayston, 28, of Yorkton, Sask., posted his plea for \$50,000 to help manufacture his so-called Peachy Printer, which would be not only inexpensive but easy to use. It would also be designed to work as a 3D scanner.

His pitch clearly connected with the crowdfunding community at Kickstarter.

He reached his \$50,000 goal in a little over a day and has since signed on more

than 2,700 backers who have pledged more than \$375,000 in funding. And he still has three and a half weeks to recruit more supporters.

Grayston said he was pushed to build his own 3D printer because he couldn't afford the \$3,500 price tag for the model he wanted. He then set out to make it as cheap as possible.

"I had read in some forums somebody had said, 'When the technology gets cheaper one day it'll be only \$100,' and a whole bunch of people then argued that would never happen," he said. **THE CANADIAN PRESS**

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L300737B

only \$21,800 OR \$159*
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Fully
Appointed

2009 Chevrolet Corvette Convertible

Auto, leather, navigation, heads up
display, only 42000kms. L300452B

only \$43,800 OR \$359*
BI-WEEKLY

Fully
Appointed

2011 Toyota Tacoma DoubleCab 4WD

Auto, pw, pl, am/fm CD, alloy wheels, sidestep
bars, tonneau cover. only 33000kms. L300195B

only \$31,850 OR \$252*
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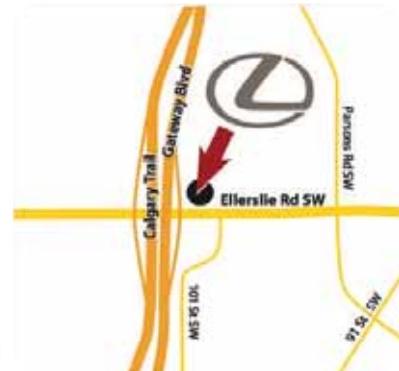
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Teacher takes wrong turn, runs marathon



Meredith Fitzmaurice
COURTESY MEREDITH FITZMAURICE

I'll just run with it.
34-year-old teacher starts the half-race, ends up the first woman to complete the full race

 LUKE SIMCOE
Metro Online

'Hollow Flashlight.' 15-year-old Canadian wins at Google science fair

A 15-year-old Victoria student who invented a flashlight powered by body heat is one of the big winners at Google's annual international science fair.

Ann Makosinski won in the 15 to 16 age category, beating out thousands of other budding young scientists.

The "Hollow Flashlight"

runs off the heat of the hand holding it, using special tiles that generate electricity from the heat flow between the palm on one side and the ambient air on the other. Makosinski received a \$25,000 scholarship with four other winners at a gala ceremony in California on Monday night. **THE CANADIAN PRESS**

This little Piggy went to the Smithsonian. Kermit's girlfriend joins him in D.C.

Miss Piggy is finally joining her love, Kermit the Frog, in the Smithsonian Institution's collection of Jim Henson's Muppets, and Bert and Ernie will have a place in history, too.

The newest donation from the Henson family includes

Miss Piggy, Fozzie Bear, Scooter and the Swedish Chef from The Muppet Show. Muppets from Sesame Street joining the collection include Bert and Ernie, Elmo, Cookie Monster, Grover and Count Von Count.

THE ASSOCIATED PRESS

Meredith Fitzmaurice celebrated her win at Sunday's Run for Heroes Marathon in Amherstburg, Ont., despite not having entered the race.

The runner from Belle River, Ont., had signed up for the 21.1-kilometre half-marathon, but after a wrong turn landed her on the full-marathon course, she just kept going.

"As I was looking at my watch, I was thinking some-

Just do it

"Once he said I was good to go, my adrenaline just kicked in." Meredith Fitzmaurice

thing's wrong. Where's the finish line?" she said.

After realizing her mistake, the 34-year-old teacher checked with a race official to see if she would be eligible to finish.

"The guy was awesome," she said. "And once he said I was good to go, my adrenaline just kicked in."

In the end, Fitzmaurice finished her very first marathon

with a time of 3:11:48. She was the first woman to cross the finish line and 10th overall.

"I didn't even realize I was the first female until people started yelling at me and high-fiving me," she said. "Once I crossed the finish line and realized the magnitude of what I had done, I started crying."

Fitzmaurice's time was good enough to qualify her for the Boston Marathon.



Pro-Putin opera stars face angry protesters in New York

An anti-Putin protester demonstrates in front of the Metropolitan Opera at Lincoln Center Monday in New York, where the Met held its season-opening gala featuring soprano Anna Netrebko and conductor Valery Gergiev, two longtime supporters of Russian President Vladimir Putin. Putin, who has upheld anti-gay laws passed by the Russian legislature, has denied that homosexuals face discrimination in Russia and said the law does not infringe on their rights. **JAMES WAGNER/THE ASSOCIATED PRESS**

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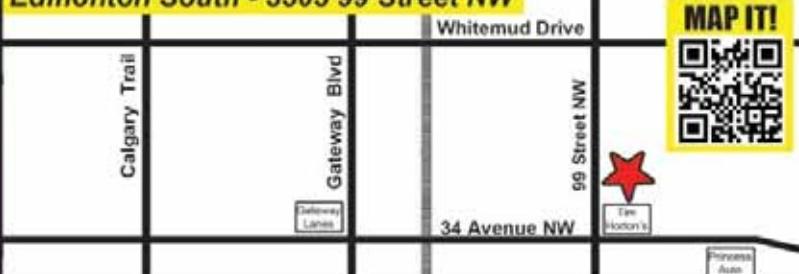


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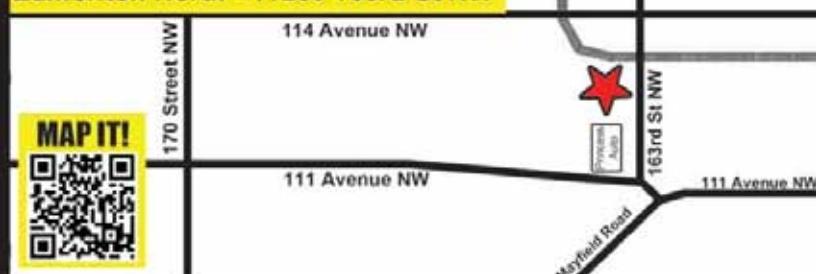
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Panic in streets. People pray for their lives as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote area in the southwest.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and the nearby area of Khuzdar.

Local officials said they were sending doctors, food and 1,000 tents for people who had nowhere to sleep as strong aftershocks continued to shake the region.

Most of the victims were killed when their houses collapsed, according to the chief spokesperson for the coun-



Breaking the news: A woman takes to her cellphone after rushing from her apartment after the quake hit. **THE ASSOCIATED PRESS**

try's National Disaster Management Authority, Mirza Kamran Zia.

THE ASSOCIATED PRESS

Mystery in Wales. Police hunt for a body amid village slavery probe

Welsh police arrested four people and combed the grounds of a stable outside the capital city, Cardiff, on Tuesday, hunting for a body in a long-running slavery investigation.

Gwent Police said more than 100 officers searched the grounds, as well as an apartment in Cardiff and a house in the small Welsh village of Penhow.

Those arrested are between the ages of 36 and 66.

The force said it was acting on suspicion that people were being kept in poor conditions at the site "and forced to work for no pay."

Death sentences

Rapists show their faces at last

Four men sentenced to death in India for raping and murdering a young woman on a moving bus appeared at a New Delhi court as judges reviewed the penalty.

Three of the men uncovered their faces in public for the first time since the crime, while one wore a handkerchief tied over his face.

THE ASSOCIATED PRESS

The black-clad hunters

The police believe a body might be hidden. Pictures published online showed black-clad officers picking through underbrush with rods, and an excavator being deployed at the site.

Police said an unnamed man — he is believed to be a Polish national — was recovered from the site on Monday and was being assessed by the police and personnel from British Red Cross.

THE ASSOCIATED PRESS

Faces 20 years in jail

Cruise ship captain backed

The Italian captain of the shipwrecked Costa Concordia is getting support at his trial from representatives of the victims. They say faulty generators, pumps and elevators could have increased the casualty rate.

Francesco Schettino faces 20 years in prison if convicted of charges including manslaughter.

THE ASSOCIATED PRESS

Cold-blooded mall tweets unleashed

Kenya atrocity. As bodies piled up and a nation reeled in shock, mass killers took to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut the account down five times. But each time the terror organization al-Shabab started a new feed.

The sixth account was a post Tuesday linking to a photo that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

The tweet mocked Kenya's security forces for their repeated assurances over two days — also tweeted — that the siege was nearly over.

It wasn't the first time al-Shabab has live-tweeted a terrorist attack, said J.M. Berger, a U.S.-based terrorism analyst who monitors the group's online presence.

The militants offered comments in real time or nearly so in recent attacks in Mogadishu and the attempted assassination of the Somali president.

But the drawn-out Kenya attack, which left at least dozens dead, brought the group to a much wider stage, amplified by its social-media savvy.

"The person who runs



Too distraught to even weep: Relatives of a victim of the Kenya mall massacre comfort each other after they identify his body at the Nairobi city morgue on Tuesday. **JEROME DELAY/THE ASSOCIATED PRESS**

Quoted

"Those cowards will meet justice as will their accomplices and patrons, wherever they are."

Kenya President Uhuru Kenyatta, in a televised address to the nation

their Twitter account has obviously invested a lot of energy in the process of grabbing headlines," said Berger, who has called out al-Shabab before for violating Twitter's terms of service.

He did so again after the attack began on Saturday, announced by gunshots, grenades and the group's

chosen hashtag, #Westgate. The account was closed. A new feed opened, the handle sent to journalists on the al-Shabab email list, with crisp assurances tweeted back to users who requested their names be added. But as the death toll rose — and images were broadcast worldwide of the terror, which included

a bloodied woman and terrified children — the group found itself roundly condemned, and the tweets became more defensive: "Mujahideen have no desire to kill women & children and have done everything practically possible to evacuate them before attacking #Westgate."

The communications onslaught, which included back-and-forth tweets with Kenya's security forces, had police at one point appealing to "all Kenyans to ignore the propaganda of those intent on dividing us and breaking us down." **THE ASSOCIATED PRESS**

President lists shocking toll

Kenya's president proclaimed victory Tuesday over the terrorists who stormed a Nairobi mall and unleashed a deadly spree of mass killings in a bloody four-day siege.

Security forces had "ashamed and defeated our attackers," President Uhuru Kenyatta said.

Kenyatta said the dead included 61 civilians whose bodies have been recovered

so far and six security forces.

Some 175 were injured, Kenyatta said.

But it seemed certain the number of confirmed deaths would rise as security forces searched the building.

Nairobi's city morgue had already braced for the arrival of a large number of bodies of people killed, an official said.

A government official said the morgue was preparing for

an additional 60 bodies.

Explosions rang from the upscale Westgate mall in Nairobi throughout Tuesday, and the chatter of gunfire from inside the building could also be heard.

Fresh smoke rose from the building in the afternoon.

Kenyatta declared three days of national mourning starting Wednesday.

THE ASSOCIATED PRESS



Kenya President Uhuru Kenyatta

THE ASSOCIATED PRESS

British adventurer becomes first woman to row solo across Pacific

Change of course.

Initial route from Japan to Canada changed to Alaska due to punishing weather

A 28-year-old British adventurer became the first woman to row solo from Japan to Alaska, arriving late Monday at a small town in the Aleutian Islands after 150 days at sea.

Sarah Outen greeted community members and supporters in Adak, Alaska, her first human contact in nearly five months. She left Choshi, Japan, on April 27 and was at sea for 6,034 kilometres. It is part of her plan for a global trek by an ocean rowing shell, kayak and bike.

On Monday afternoon, Outen came within a half mile of the Alaska shore before winds and currents



British adventurer Sarah Outen with her seven-metre boat Happy Socks. FLICKR: SCREEN GRAB SARAH OUTEN

started pushing her onto the rocks. Her support team decided it was safer to tow her into Adak's small harbour.

On the row, she battled dangerous seas, and her boat, Happy Socks, capsized five times. She also fought the psychological battle of being alone. In the last few days, she almost hit a cargo ship after her radar failed, and

battled cooling temperatures and increasing darkness.

Outen also tweeted about whiteout fog and exhaustion-induced hallucinations in the final, treacherous miles to Adak, the Anchorage Daily News reported.

But for Outen, who has a biology degree from Oxford University, seeing wildlife like albatross and whales made up for all the uncomfortable moments. According to a statement, the highlight was a shark circling her as she rowed.

Along the way, she also got engaged to her longtime girlfriend back home during a satellite phone call from the middle of the ocean.

Outen's first attempt at the crossing ended in 2012 when she and another ocean rower had to be rescued near Japan after their boats were badly damaged in a tropical storm. **THE ASSOCIATED PRESS**

Adventure continues

Outen to bike across Canada

Next spring, Sarah Outen plans to return to Adak with teammate, Justin Curgenven, to continue her kayak trip to mainland Alaska.

She will then bike across Canada and North America before attempting a solo row across the Atlantic Ocean to the United Kingdom.

In 2009, Outen became the youngest person and the first woman to row alone across the Indian Ocean, going from Australia to Mauritius.

THE ASSOCIATED PRESS

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Special visas. Brazil lays out the welcome mat for Syrian refugees

Syrians who want to leave their conflict-wracked nation and travel to Brazil will be granted special visas to travel to Latin America's biggest country, the government said Tuesday.

The government's official gazette announced that the National Committee for Refugees authorized the foreign ministry to issue the visas for "humanitarian reasons."

This will allow Syrians affected by the conflict and the "deterioration of living conditions" to enter Brazil.

Brazil decided to make

Their new life

Brazil has a Syrian immigrant community estimated at about three million.

it easier for Syrians to enter the country given the "major humanitarian crisis" afflicting the country, the "large number of refugees created by the conflict" and the "large number of Syrians seeking refuge in Brazil."

THE ASSOCIATED PRESS

Syria drama

Spanish media man kidnapped

Spain's interior minister says a correspondent from the Spanish newspaper El Periodico has been kidnapped in Syria by an entity linked to al-Qaida.

Jorge Fernandez Diaz said Tuesday his ministry was working for the release of Marc Marginedas, 46, who has not been seen since Sept. 4 when the car he and his driver were in was stopped by armed jihadists near Hama.

Marginedas entered Syria from Turkey on Sept. 1.

THE ASSOCIATED PRESS

Stop sending weapons to Syria, world leaders told

UN chief's blunt warning. Syrian crisis is the 'biggest challenge to peace and security in the world'

United Nations Secretary-General Ban Ki-moon sent an impassioned, urgent message to world leaders on Tuesday.

Stop fuelling the bloodshed in Syria with weapons, he said, and get both sides to the negotiating table to end the "biggest challenge to peace and security in the world."

In his state-of-the-world address to open the annual gathering of presidents, prime ministers and monarchs at the UN General Assembly, Ban said the international response to last month's "heinous use of chemical weapons" in Syria "has created diplomatic mo-



Can you spot the likeness? Demonstrators dressed as new Iranian President Hasan Rouhani and U.S. President Barack Obama meet the media Tuesday as the UN General Assembly debates. The demonstrators called on the two leaders to negotiate a ceasefire and end the bloodshed in the Syrian crisis. JONATHAN FICKIES/THE ASSOCIATED PRESS

mentum — the first signs of unity in far too long."

Ban called on the Security Council to adopt an "enforceable" resolution on a U.S.-Russian agreement to put Syria's

chemical weapons under international control for destruction.

He also called for help to bring to justice the perpetrators of the Aug. 21 chemical

weapons attack outside Damascus "either through referral to the International Criminal Court or by other means consistent with international law." THE ASSOCIATED PRESS

Syria's children hit hard as food shortages bite

Syrian opposition groups and international relief organizations are warning of the risk of mass starvation across the country.

The threat is strongest in the besieged Damascus suburbs where a gas attack killed hundreds last month.

With the world's attention focused on the regime's chemical weapons, activists said six people — including an 18-month girl — have died for lack of food in one of the stricken suburbs.

Save the Children said in an appeal this week that more than four million Syrians — more than half of them children — do not have enough to eat. Food shortages have been compounded by an explosion in prices.

"The world has stood and watched as the children of Syria have been shot, shelled and traumatized by the horror of war," said Roger Hearn, Save the Children's regional director for the Middle East.

"The conflict has already left thousands of children dead, and is now threatening their means of staying alive."

In some hard-hit areas such as the western suburb



A Syrian mother comforts her baby at an abandoned lot where she is staying after fleeing fighting in her village. THE ASSOCIATED PRESS

Thousands trapped

Thousands of people are believed trapped in rebel-held suburbs of the capital. Residents say food is increasingly hard to find.

of Moadamiyah, people are running out of food and are mostly relying on lentils, olives and dried figs, according

to residents and activists.

"We have no food, no milk and no medicine," said a woman from Moadamiyah, who identified herself by her nickname Um Lujain for fear of government reprisals. "We are surviving on one meal a day."

"There has been no children formula or bread for about a year," the woman said. THE ASSOCIATED PRESS

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Disgraced Chinese politician appeals guilty verdict

Bo Xilai. Former Politburo member faces life in prison after being found guilty of bribery, embezzlement and abuse of power

Disgraced Chinese politician Bo Xilai has appealed his guilty verdict, a person close to the case said Tuesday, in a rare move that is consistent with his defiant stance but unlikely to change the outcome.

The person with direct knowledge of the case, but who did not wish to be identified, said the former Politburo member made the appeal orally upon the delivery of the verdict



Fallen politician Bo Xilai, centre, is held by police as he stands at the court in Jinan, China, on Sunday. JINAN INTERMEDIATE PEOPLE'S COURT/THE ASSOCIATED PRESS

issued by the Jinan Intermediate People's Court in eastern China on Sunday.

The court announced that it found Bo guilty of embezzlement, bribery and abuse of

power and sentenced him to life in prison. A copy of the verdict was later delivered to Bo, when he informed the court of his decision to appeal, the source said. THE ASSOCIATED PRESS

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Brazil

World Cup soccer stadium could be used for prisoners

A World Cup stadium being built in Brazil may not become a white elephant after all. At least one judge has come up with a post-World Cup use: a prisoner processing centre.

Brazil is readying 12 stadiums for next year's World Cup, and several will be little used after the tournament. THE ASSOCIATED PRESS

Czech Republic

\$4.5M in fake penis pills seized

Officials in the Czech Republic say they have seized almost 200,000 fake erectile-dysfunction pills at Prague's Vaclav Havel airport. In a statement Tuesday, the administration said it was a record seizure and that the value of the 194,300 Cialis and Viagra pills would have been \$4.5 million US. THE ASSOCIATED PRESS

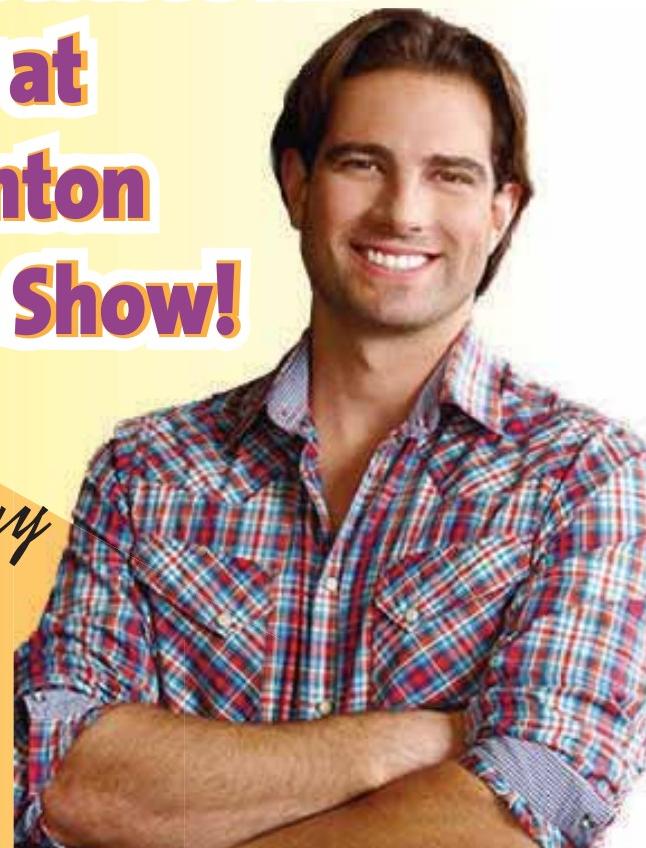


Bronze Fonz approves

British artist David Shrigley's 10-metre bronze thumb sculpture, which is one of six proposals for the fourth plinth in Trafalgar Square, is exhibited Tuesday in St. Martin-in-the-Fields Church in London. Six works of art were unveiled in miniature on Tuesday, two of which will eventually be chosen for display on Trafalgar Square's empty "fourth plinth," one of the city's major platforms for public art. SEAN DEMPSEY/THE ASSOCIATED PRESS

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Politics. Metro talks to product manager Sara (Scout) Sinclair Brody about a new database of founding documents

 **KIERON MONKS**
Metro World News

Fast food

Crinkle-cut fry chops out some of the fat, BK says

Burger King Canada is introducing a new crinkle-cut french fry on Wednesday that it says is less fattening than regular fries. Gratiéries have six grams of fat and 145 calories per 70-gram serving, compared to 11 grams of fat and 222 calories of other leading fast-food fries, the chain says. A free-sampling promotion will begin next month. **METRO**

Market Minute



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Google Ideas product manager, says there is no catch.

How would you describe this service?

It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?

There is a specific demand, uncovered by our partners at

the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful interface.

Are constitutions not outdated yet? Why do people

argue over interpretation of a 300-year-old scroll?

For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do. But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.



The home page of Google's Constitution project, constituteproject.org.

SCREENGRAB

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job, in a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

Sears Canada spokesman Vince Power said McDonald hasn't informed the company where he's going, but he disputed a report that McDonald was leaving due to a disagreement with majority share-

holder Sears Holdings Corp.

Desjardins Securities analyst Keith Howlett called the move a negative for the company, saying McDonald's departure reduces the probability of an operating turnaround.

"Our view was that McDonald was a talented, energetic retail executive and might have been able to accomplish a turnaround against what we perceive as long odds," Howlett wrote in a note to clients.

Incoming CEO Campbell joined Sears Canada in March 2011. He graduated from the U.S. Naval Academy with a degree in economics, before serving as a commissioned officer in the U.S. Marine Corps and receiving an MBA from the Wharton School.

THE CANADIAN PRESS



Outgoing Sears CEO Calvin McDonald
TORSTAR NEWS SERVICE FILE



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CAPTAIN KIRK AFRAID TO FLY?

"Space: the final frontier. These are the voyages of the Starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations; to boldly go where no man has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a letdown to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic spaceship, scheduled to lift off on Christmas Day.

I mean, come on Jim — I mean Bill — it's hardly a five-year



JUST SAYIN'
Paul Sullivan
metrone.ca

mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk — I mean Shatner — isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spider-Man is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science-fiction future.

With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than entertainment.

It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of Trekkies everywhere — including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space-flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and Russell Brand.

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

ZOOM

Blazing saddles ignite relief



NAOMI JELLINE/REX FEATURES

Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing-fire stunt jump, with hundreds of fans cheering in joy and relief. METRO

Hot hot heat

"We couldn't do it after 55 years. It is a tradition that is part of this club. Had the conditions been different — if it was windy — we probably wouldn't have done it."

Allan Staunton,
Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metrone.ca

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. SoundCloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.



CONTRIBUTED

Deep and Disco
Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it, you will have cleaned your entire house.

Domino Record Co.
A lovingly tended and eclectic U.K. record label that's home to a roster of

artists — including Canada's Austra — that any other company should envy. No matter your taste, finding something new to love is a sure bet.

Modular People
An Australian label that sticks pretty close to electronic music that gets your feet moving. There's already a few hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is a very pressing issue. A solution is to help the children openly express their emotions.

With this in mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible,

children will start to expand their gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li, Mississauga, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metrone.ca

Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom

 NED EHRBAR
Metro World News in Hollywood

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says.

"But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to



In control

What she really wants to do is direct. And it might not be far behind.

- **Taking the chair.** While pal Joseph Gordon-Levitt might have beat her to the director's chair with *Don Jon*, Scarlett Johansson won't be far behind. "I'm

get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you

an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always

makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet."

Quick interview

Danza talking about *Don Jon*

A few weeks ago, *Taxi* turned 35. That and *Who's the Boss?* are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in *Don Jon*.

Your character in *Don Jon* isn't very redemptive.

He's not redeemable at all. But everybody you play you love. Tommy Korman in *Honeymoon in Vegas* is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

How was Joseph Gordon-Levitt as a first-time feature film director?

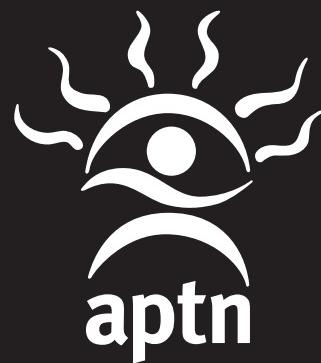
He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society. MATT PRIGGE/MWN



2 SCENE

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Bruhl sees parallels between his new films

Interview. Daniel Bruhl talks about how Rush and The Fifth Estate have startling similarities and gives some predictions on the WikiLeaks front

 **NED EHRBAR**
Metro World News in Hollywood

Daniel Bruhl is having a busy year. He quite handily steals two major premieres from high-profile co-stars in The Fifth Estate and Rush. Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late Formula One driver James Hunt (Chris Hemsworth) — but are really about Bruhl's characters — Assange fan-turned-partner Daniel Domscheit-Berg and disgraced racing legend Niki Lauda.

Bruhl tells us more and how the two films have a lot in common.

"There are some parallels



Daniel Bruhl, right, has big supporting roles in two major films, including Rush. CONTRIBUTED

between the films, because I'm playing two real characters," Bruhl explains.

"It's also interesting, the

structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of

them. It's quite interesting to see. And then, of course, my roots help me because both of these characters are quite

Similar

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them."

Daniel Bruhl
Talking about Rush and The Fifth Estate

focused and German in a way: correct and reasonable and so on."

It seems one thing led to the other for Bruhl.

"It's partly luck," he says. "I have to say that Ron (Howard) helped me a lot and supported me after making Rush and helped me get into the next movie. Because of — I don't know — good work, I suppose, in Rush, I was given the chance."

Bruhl adds that he's part of a bigger trend in film.

"In general, this change started a couple of years ago that we Germans or European

actors get the real chance to play these great parts in American movies," he says.

"This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

Playing real, living people can be an odd experience.

"It was very strange to see Rush in London the other day with (Lauda)," he says.

"I mean, I watched him watching the movie. I got goose bumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theatre."

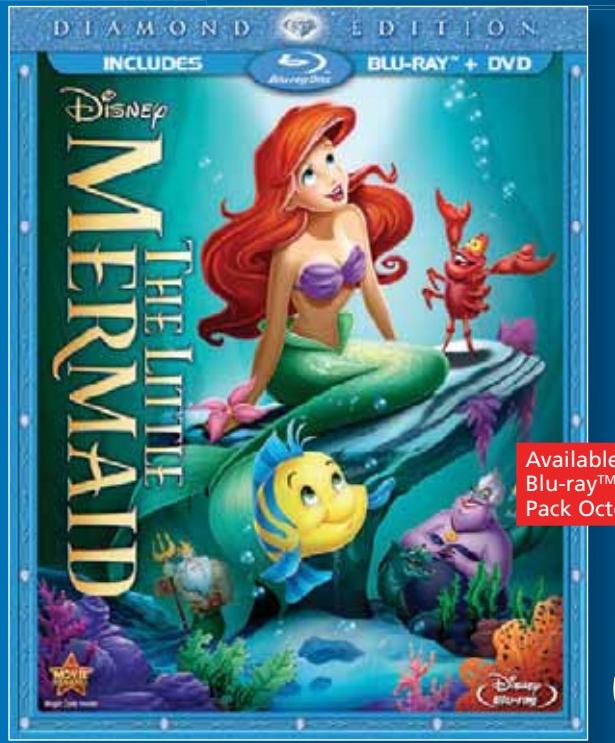
Despite doing a film on it already, Bruhl thinks the story of WikiLeaks is just beginning.

"It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says.

"All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations.

I think we're drowning right now in information. This is a problem for everyone."

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Jessica Alba. ALL PHOTOS GETTY IMAGES

Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was

probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jeans shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"



Neil Patrick Harris

NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys

was fun, but I'm sure glad it's over," he posted to Twitter after.

"Looking forward to not hosting anything for a long time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED talk."

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

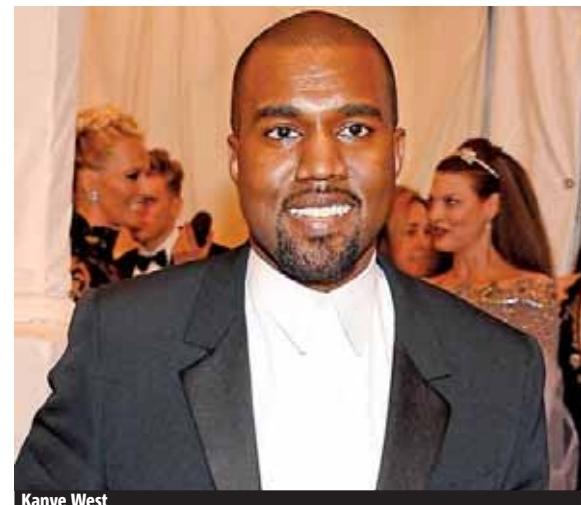
Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also



buttslapped a twerking little person and sang into a banana microphone. I mean, we already have one Ke\$ha. Do we really need another? **MELINDA TAUB/MWN**



Kanye West

What's next Kanye? You're bigger than Jesus?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1.

"I've got to point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative

person, as a celebrity ... and I've been at it for 10 years," he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.' So that means, wait a second — now we're seriously, like, in a civil rights movement."

Twitter



@mindykaling

I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.



@TomArnold

Just bragged to my 5 month old that daddy knows Peyton Manning because I want him to love me.



@Real_Liam_Payne

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The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI
Metro World News in New York

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver
Denver, Colo.

Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff,



You don't need to head to Munich to toast to Oktoberfest. iSTOCK

will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest
Leavenworth, Wash.

Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling

after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga.
Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transforma-

tion. Once there, you can also take in the late-October fall foliage.

For the procrastinators

Tulsa Oktoberfest
Tulsa, Okla.

Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate

Canada's take on Bavaria

- Kitchener/Waterloo. Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Insurance

When your sailing isn't so smooth...



ON THE MOVE
Loren Christie
life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car

accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

For a comprehensive travel

insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between \$100 and \$125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance pro-



Travel insurance gives you security. iSTOCK

vider with you at all times. In order to receive a full reimbursement, you may be

required to call the emergency contact before going to the hospital.

Magical treat

Tahiti. The best and most affordable way to see these majestic islands is on a cruise

DIANE
TIERNY
For Metro

Tahiti has a magical, mysterious atmosphere that is unlike any island destination in the world. Its haunting beauty has you hearing Bali Ha'i in the breeze, while being mesmerized by the dramatic scenery that suggests you are visiting Jurassic Park.

Tourism hasn't spoiled this destination because it can be expensive to stay on land. So the best and most affordable way to see these intoxicating islands is on a cruise. With some cruise lines offering half-price cruises and free airfare from Los Angeles, this dream trip is more affordable than ever.

PG Cruises' Paul Gauguin ship offers an unparalleled experience. The ship is specifically designed for Tahiti's shallow, secluded lagoons. It recently underwent a \$6-million enhancement and is rated five stars.

Service on board is excellent because there are 225 crew members to 332 passengers. This high staff-to-passenger ratio means waiters will know your name and favourite drink by the second day. The food is sumptuous thanks to chef Jean-Pierre Vigato's talent. You will enjoy meals similar to what's served in Apicius, his two-star Michelin-rated restaurant in Paris.

Enjoy dining on board because on land even the most casual restaurant charges \$15 for a cheeseburger. A cocktail at Bloody Mary's, the famous celebrity haunt on Bora Bora, is about \$10. Since so much is imported from New Zealand, costs are high everywhere.

You won't have to shell out cash to rent water sports equipment on land either. Just use the ship's kayaks, windsurfers, banana boats and snorkel equipment from the drop-down marina that opens up at the stern.

Each island offers an unforgettable wow factor. Huahine is made up of two dramatic mountain ranges. It used to be the centre of Polynesian culture so has many rich archeological sites such as ceremonial temples. Also fascinating are the sacred eels. They have bright blue eyes and grow up to six feet long. They are harmless so you can wade into the water and feed them.

Fakarava is the second largest atoll and the ancient capital is filled with numerous unexplored motus (islets). Protected by UNESCO, Fakarava is proud of its rare crustaceans such as squids and sea cicadas. Visit a pearl farm on the water, snorkel around the hut and you will appreciate this island as a

Over-water bungalows

- The Pearl Resorts & Spa features the famous over-water bungalows. Nothing quite prepares you for the romantic atmosphere of these luxurious huts. Glass floors around the bed allow you to see fish and hear the waves lapping at night. In the morning, breakfast is brought to you by outrigger canoe. If you can splurge and spend just one night on land as a shore excursion, this is the quintessential Tahiti treat.

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Enjoy water sports from the drop-down marina at the stern of the Paul Gauguin. DIANE TIERNY/FOR METRO



There are many different shore excursions to explore each island. DIANE TIERNY/FOR METRO

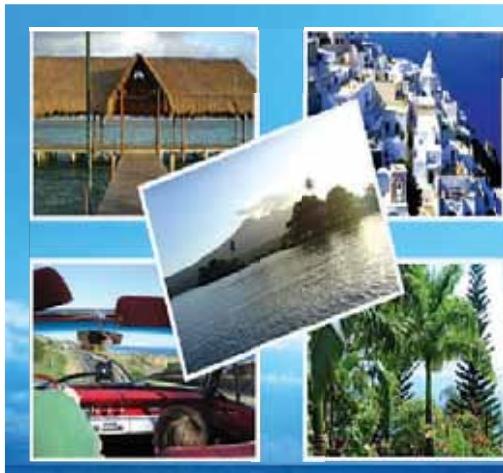
mecca for underwater beauty.

Bora Bora's famous Mount Otemanu, remnants of an extinct volcano, is a symbol of Tahiti for its dramatic peak. Its velvet green slopes drop steeply to the blue lagoon below. Hike or bike around this lush island, or enjoy a multitude of water activities to keep cool.

Taha'a is often called the Vanilla Island for its numerous plantations of what Tahitians call black gold. On this island, PG chefs prepare a delicious barbecue on the beach and offer drinks from a floating bar.

Explore Moorea by jeep and you will see pineapple, vanilla, banana and grapefruit plantations, visit ancient stone temples and stop at the Belvedere lookout to see Cook's Bay. You can also feed stingrays in the shallow water at Motu Ono.

For more information, visit pgcruises.com or call 800-848-6172. Sailings are currently 50 per cent off and include airfare from Los Angeles. For Pearl Resorts & Spa, visit spmhhotels.com.



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To bask in our digital dreams or to wake up and relish the real world?

Where is my mind? A digital media maven takes on the tough balancing act between technology and true life

YLVIA
VAN BUUREN
Metro World News

"It's like we're living in the science fiction future right now, and the real stories are more incredible than fiction."

Producer/director Ramona Pringle, 31, took her words to heart when she created Avatar Secrets, an exciting 10-part interactive documentary project that is being developed as an iPad-based app.

Avatar Secrets is set in both the real world and the virtual world and is a combination of Pringle's real-life memoir, a graphic e-novel, and a documentary.

The premise of Avatar



The trailer for Ramona Pringle's Avatar Secrets is being launched Thursday during a keynote talk by the producer and director at Social Media Week in Toronto. CONTRIBUTED



Producer/director Ramona Pringle.
PROVIDED

video games and technology maybe we will uncover some of what we're missing in the real world.

Avatar Secrets is a bold project and certainly one of the reasons why Pringle was recently named one of Playback's 10 2 Watch in the new age.

Pringle has worked as an actor and was in movies including Shoot 'Em Up and Cinderella Man. She has a master's degree in interactive telecommunications from New York University and today teaches

interactive storytelling at Ryerson University. She has worked as a multi-platform producer for CBC, TVO, CTV and PBS.

Her other major project at this time is rdigitallife.com, an online hub that explores what it means to be human in today's digital world.

Here are Pringle's tips for living in the digital world:

The big draw of all our technologies is each other, so focus on the person, not

the technology

Choose when and how to connect with people. For a heart-to-heart, nothing beats face-to-face; for conversing with an overseas relative, Skype may be best; for making plans with a friend, IM.

Engage fully whether you're online or offline

We are living in what I call the "hybrid reality" — constantly straddling the "real" world and the "digital" world. The challenge is to make sure that being in both worlds doesn't mean

that we don't fully engage in either. Choose where you want to focus your attention — whether you're looking into a screen or someone else's eyes.

Empower yourself — don't let gadgets and apps control you

We have this reflex of checking messages when lights flash or there's a ping. Technology is here to stay but we can choose how, when, and where we engage instead of letting the machines make the decisions for us.

A digital drug?

"We're not addicted to technology, we're addicted to each other."



- View the trailer for Ramona Pringle's interactive iPad documentary Avatar Secrets at metronews.ca/avatar — and keep an eye out for more from Pringle on Metro soon.

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Networking know-how. It ain't easy putting yourself out there, but if you work it right, a simple chat could lead to a new job

ROSIE HALES
TalentEgg.ca

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing for many, and might even seem completely unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's almost impossible to place enough emphasis on how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities don't need to be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact:

Every single recruiter at any recruitment event is there because they want to talk to you; maybe even hire you! Sounds a bit like a no-brainer, right?

Wrong. You'd be surprised by how many people might choose to avoid a recruitment event because they are concerned about networking.

Just keep the following tips in mind.

Ask questions about the company and the representative

The best way to make a great impression is to ask them questions about themselves. This can definitely apply to a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

• What brought them to work for this company?

- If they did post-secondary education, what kind did they do and what did they specialize in?
- What's their favourite part about their job?
- Which company office are they from?

Don't forget to ask some key questions about the company:

- What kind of students are they looking to attract at this recruitment event?

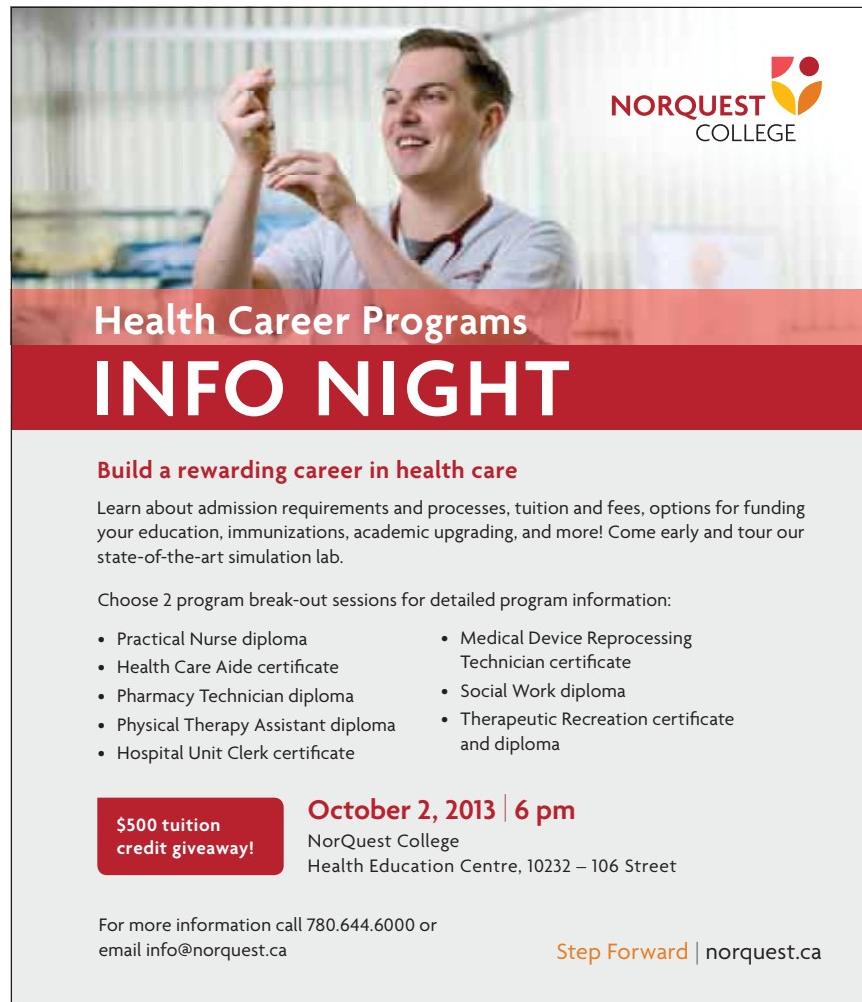
- What do their available positions entail?
- How long does the application process take (so you know when to start applying)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you. Try to say something

a little more engaged than just commenting on the free stuff, even if that is the reason you like their booth. Commenting on this shows that you're engaged and perceptive. Being able to communicate your opinion will show the recruiter you aren't afraid to share your thoughts.

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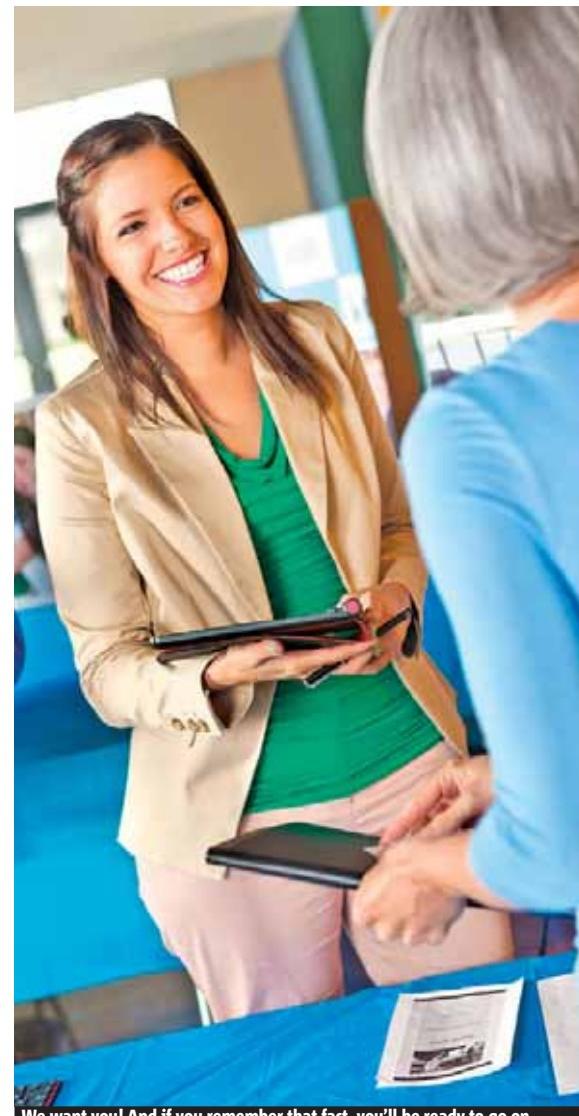
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We want you! And if you remember that fact, you'll be ready to go on recruitment day. ISTOCK

Don't forget to swap info

Trade their business card for your business card, a resumé and a cover letter.

- This is a great way to end a conversation that you think went well, and if you followed the tips in this article then they will certainly remember you and will therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.



When talking about difficult obstacles, focus on the positive end outcome, and what you learned along the way. ISTOCK

Let's get ready to respond! The best replies to commonly asked interview questions

SHAHEERAH KAYANI
[TalentEgg.ca](#)

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips on preparing yourself accordingly.

"Tell me about yourself."

This is a classic question. This is your chance to sell yourself

and your talents to the employer.

You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest

weakness?"

This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it.

For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public

speaking.

Showing that you actually recognize your weakness and are taking action to deal with it will show the employer that you are proactive and like to take initiative.

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Arm yourself with the appropriate answers

Oh, put a steak in it already



ROSE REISMAN
For more, visit
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@rose_reisman

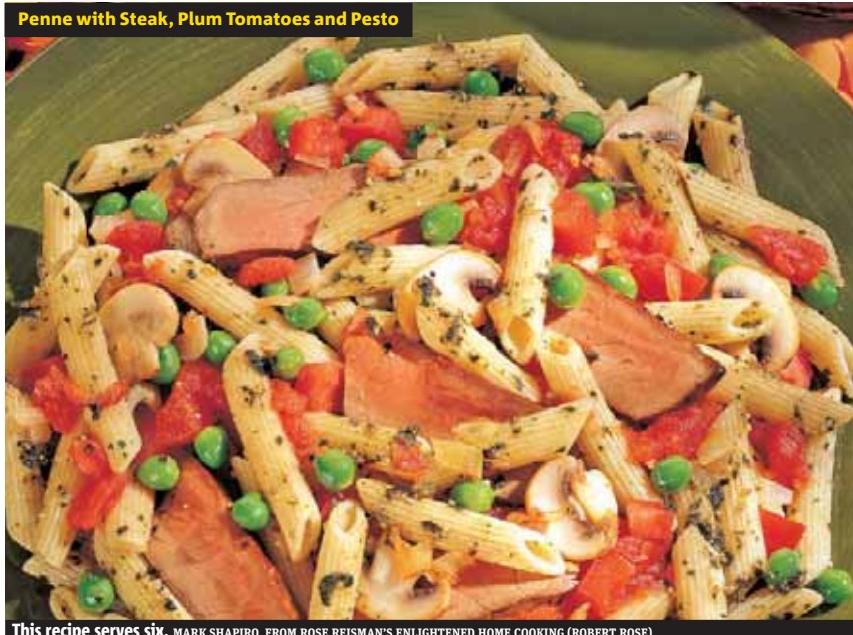
This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

Ingredients

- 6 oz thinly sliced beef steak such as New York strip
- Dash of salt and pepper
- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil
- 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic
- 3 tbsp chicken stock or water
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions
- 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas

Penne with Steak, Plum Tomatoes and Pesto



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

matoes and peas and cook for 2 minutes more to heat through.

5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon.

PHOTO AND RECIPE COURTESY BELVEDERE



From sea to table: Spaghetti al Nero di Seppia with Clams

This bedazzling entrée is brimming with fresh clams, herbed shrimp and tossed with a blending of olives, wine, aromatic vegetables and exceptional Peperoncini Piccanti.

With its bold colour and delicate flavour, Nero di Seppia Spaghetti from Italy is the ideal pasta for this showstopper dish.

1. In large heavy-bottomed saucepan or Dutch oven, heat 1/4 cup (50 ml) of the olive oil over medium heat. Cook the diced onion, stirring, for 3 minutes. Add sweet peppers and 1/4 tsp (1 ml) of the salt; cook, stirring, for about 4 minutes or until very soft. Add pitted kalamata olives and minced garlic; cook for 1 minute. Stir in piccanti until combined.

2. Increase heat to high. Add clams; cook, shaking pan gently, for 2 minutes. Pour in wine; bring to a boil. Cover and steam for 1 minute. Add shrimp; cover



This recipe serves eight. PRESIDENT'S CHOICE

and continue to cook for 4 to 5 minutes or until clams open wide and shrimp are cooked through. Remove from heat and discard any clams that do not open.

3. Meanwhile, in large pot of boiling salted water, cook

spaghetti for 7 to 9 minutes or until tender but firm. Drain, reserving 1/3 cup (75 ml) of cooking water. Add spaghetti to clam mixture, tossing to combine. Transfer to large serving platter; toss with remaining olive oil, remaining 1/4 tsp (1 ml)

Ingredients

- 1/2 cup (125 ml) extra virgin olive oil
- 1 onion, diced
- 1-1/2 sweet peppers, cored, halved and diced
- 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) pitted kalamata olives, halved
- 3 cloves garlic, minced
- 2 tbsp (25 ml) PC black label Peperoncini Piccanti
- 3 lb (1.5 kg) littleneck clams, scrubbed and well rinsed
- 2 cups (500 ml) dry white wine
- 1 pkg (454 g) PC Raw Zipper back Black Tiger Shrimp – Jumbo, thawed and peeled with tails left on
- 1 pkg (500 g) PC black label Nero Di Seppia Spaghetti
- 1/2 cup (125 ml) chopped fresh parsley

salt, parsley and some of the reserved cooking water, if desired. Serve with additional piccanti on the side, if desired.

PRESIDENT'S CHOICE

Dinner. Gluten-Free Penne with Fresh Tomatoes & Bocconcini



1. In pot, bring 16 cups (4 L) salted water to rapid boil. Add penne, stirring until water returns to a boil. Cook 10 mins., stirring occasionally, or until tender but firm. Drain, reserving 1 cup (250 ml) of pasta cooking water.

Cook 2 mins.

3. Transfer to platter. Top with basil and remaining Parmigiano. Serve. PRESIDENT'S CHOICE

Ingredients

- 1 pkg (340 g) PC Gluten-Free Penne
- 1/4 cup (50 ml) extra virgin olive oil
- 2 cloves garlic, finely chopped
- 1 pkg (340 g) PC Gourmet Grape Tomatoes Trio
- 2 green onions, thinly sliced
- 1/4 tsp (1 ml) each salt and freshly ground black pepper
- 1 cup (250 ml) drained "mini mini" bocconcini cheese
- 1/2 cup (125 ml) finely grated Parmigiano Reggiano
- 1/3 cup (75 ml) chopped basil

metro

FALL CAR CARE

Wednesday, September 25, 2013

Crank up the preparation

New season. Now is the time to get your vehicle ready for winter before the deep freeze sets in

PHILIPPE
CROWE
For Metro

Fall means it's time to get your vehicle ready before the deep freeze sets in.

Preparing a vehicle for the winter can be done easily by going through the following steps.

This first step needs little

more than your eyes and your tire pressure gauge as tools. While parked on a level surface, walk around your vehicle looking for minor dents, mouldings starting to let go, or accessories not secured properly anymore. The idea here is to be sure nothing will be knocked off by snow and ice during the winter, as well as spotting minor rust spots that

could get worse after another harsh winter.

Follow this step by checking the pressure of the tires.

Once the outside has been checked, open the door and make sure the seals are in good shape, preventing slush and snow from entering the vehicle.

While the driver door is open, release the hood and make sure all fluids are at the proper level.

This includes engine oil, transmission oil, power steering and brake fluids, as well as engine coolant. If you are not at ease with this, learn how to check engine oil and your

mechanic will handle the rest.

Just like your own annual physical check-up, your car needs at least one annual visit to the mechanic. Ideally two. There, you can get the oil changed for the appropriate winter viscosity, and your trusty mechanic will make sure all the fluids are topped up.

Your mechanic should also check the battery, inspect and lubricate the braking system and ensure your suspension is in good shape. Finally, an inspection of the car's ventilation, including the defrost function, will ensure you will be able to see clearly through the windshield all year long.

Clean cars last longer

Nothing holds more truth than the statement saying a clean car is a long-lasting one. A car's paint and exterior components need extra protection to be able to handle winter's harsh environment. Here is how to help your vehicle stand up.

First off, it's important to wash the vehicle thoroughly. This means using a proper automotive detergent, not dish soap, since dish soap will strip your paint of its needed protection.

Work from the top of the vehicle down because the lower portions of the car are usually the dirtiest. Tree sap, tar and other stubborn goop will need special attention.

While drying the car with a dedicated natural or synthetic chamois, soft cotton or microfibre towels, inspect the paint. Rock chips and various minor hits may have led to small spots where the paint is scratched or dinged. Even if not deep, take care of it before it rusts. You can do so by getting a colour-matched touch-up kit at your dealership or an automotive store.

A coat of wax will act like a barrier between abrasives such as road salt and your vehicle's paint. CHANCHAI SUTTIPRAPA/COLOURBOX



A coat of wax will act like a barrier between abrasives such as road salt and your vehicle's paint. CHANCHAI SUTTIPRAPA/COLOURBOX

longer. The key to waxing is to use a quality product — start with a clean, cool-to-the-touch vehicle, and don't rush it.

Mothers Polishes' experts say it best. "The formula for success is simple — select a body panel to work on, and apply your wax evenly and lightly in parallel movements. Then buff the hazed wax with a 100 per cent cotton towel or

microfibre cloth."

Experts from Meguiar's offer the following advice. "Avoid turning your application cloth over to its other side to apply a different product because some ingredients may penetrate through and change the chemical balance of the product. Avoid putting pressure on tops of ridges where your car's paint is the thinnest." PHILIPPE CROWE



One of the steps to ensuring that your vehicle is ready for the winter is to check the pressure of your tires. COLOURBOX

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Accessories. What should you have?

PHILLIPPE
CROWE
For Metro

Winter imposes its own requirements on a car's systems. Luckily, accessories exist to make the season at the wheel easier.

The first that comes to mind is a snow scraper. Some exclusively scrape ice, others are of the brush type for snow and others do both, but think of having two in the vehicle. Why two? Have you ever broken one when the windshield is still covered with ice? You will be happy for the spare, even if it is an old, dull one.

Test windshield wiper blades by spraying windshield washer fluid to see if your wiper blades are leaving streaks on the windshield. Such streaks are an indication that it is time to replace them.

Some wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. Another type that



Some windshield wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. CONTRIBUTED

works well in winter is the beam blade. Instead of having multiple metal pieces obstructed by snow or dirt, the wiper is made of a low-profile, bracketless blade consisting only of a metal tension strip, rubber ele-

ment and connector.

A block heater is a small heating element located alongside the engine that, when plugged in, will warm up either the engine oil or coolant. Oil can become as thick as molasses in extreme

cold temperatures and a block heater will help the engine start easier, as well as boost the operating temperatures, meaning less wear on the engine, as well as quicker heat inside the vehicle.

It's easy to forget that

with the advent of remote locks it's easy to forget that access to our vehicles relies on being able to unlock the doors. A lightly frozen lock will usually be freed up by the use of the remote unlocking function, but a well

frozen lock will prevent anything from unlocking. Having some lock de-icer handy, combined with a good lock lubrication in the fall, is the best way to be able to gain access without having to call for help.



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Stick with winter tires

PHILIPPE CROWE
For Metro

Choosing the proper set of winter tires can be a challenge. While prices, quality and type of winter tires vary, one thing is for sure — they are needed for Canadian winters.

Wrongly referred to as snow tires, winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement.

The official way to identify a proper winter tire is by looking on the sidewall for a logo showing a snowflake in a mountain.

Winter tires now come in two groups. There is the traditional winter tire, which can be studded or not, and needs to be replaced with a car's original summer or all-seasons tires when warmer weather returns.

Launched three or four years ago, the all-weather tire is a winter-rated tire worthy of the snowflake logo, but designed to be used all year long. The rubber compounds and structures of these tires were designed to maintain wear properties that allow the tire to be used year round in areas where winter conditions may be mild or uncertain.

Choosing between studded or non-studded winter tires depends on your needs. Both alternatives are wear-resistant and offer great driving qualities.

You can choose the type of tire that best matches your needs by considering the four following questions:

- Snowy or icy roads. If you drive more on icy roads than on snowy ones, studded tires are the choice for you. Non-studded winter tires are



Winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement. NOKIAN TIRES PHOTO

a better choice for snowy roads.

• Wet ice and packed snow. Studded tires are superior to non-studded winter tires on wet ice and hard-packed, al-

most icy, snow.

- Quiet tires. If you appreciate tires that are quiet on bare roads, non-studded winter tires are the right choice.
- Unpredictable fall condi-

tions. Non-studded winter tires can be mounted earlier in the fall than studded tires. Once you have mounted non-studded winter tires, you don't need to worry

about rapidly changing road conditions in the fall. Non-studded winter tires are also a good choice in spring, when temperature changes can be surprisingly quick.

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Steer clear of winter hazards

PHILIPPE CROWE
For Metro

Winter has the knack of bringing the worst out of a car or a driving situation. Add to this weather that can change in an instant and being ready for the unexpected becomes essential.

Whether leaving on a cross-country trip or just running errands, having the proper equipment on hand and the right attitude at the wheel is important.

Many of have been in a similar situation — you parked the car for a couple of minutes to go into a store and return to find the road cleaning crew passed, leaving a foot-high mix of hard-packed snow and slush against the wheels, challenging even the best four-wheel-drive systems. Keeping a shovel in the trunk is a good idea.

Also helpful is a small bag of sand or kitty litter. Spreading some on an icy surface

Winter driving checklist

- Warm winter gloves, toque and boots
- Blanket or extra clothing
- Bag of sand or kitty litter
- Small shovel
- Ice scraper and/or snow brush
- Snacks for energy
- Windshield washer fluid
- First aid kit

will allow enough traction to leave that parking spot.

A set of traction helpers can be handy. These can be made of metal, plastic or various composite materials. They all work the same way — place them against tires, then step carefully on the gas. The tire will grip the traction



Having the proper equipment on hand and the right attitude at the wheel is important when driving during the winter. CONTRIBUTED

helper and allow movement.

A driver's attitude at the wheel is often the difference between making it home or exploring the ditch.

Slippery conditions mean a driver has to be smoother at the wheel. While true in all conditions, it becomes paramount when slippery. Harsh movements of the steering wheel or the brakes will force the vehicle to slide at the most inopportune moment.

Having a four-wheel-drive or all-wheel-drive vehicle doesn't make one invincible. Yes, these systems allow their drivers to accelerate and find traction quicker. But they don't bring any advantages when braking — all vehicles have brakes at all four wheels.

Finally, SUVs and higher perched vehicles have higher centre of gravity, which needs to be taken into consideration.

Thieves don't care if it's cold or warm

Contrary to popular belief, winter is a great season for vehicle thieves since owners tend to be in a rush to get in a warm place, forgetting the ABC's of vehicle safety.

Getting a vehicle stolen is frustrating whatever the season, but it gets worse in the winter if you need to walk back home in -20 C conditions.

First of all, don't leave your vehicle running with the keys in the ignition.

Thieves enjoy cold mornings when people start their vehicles and leave them running unattended in the driveway to heat up. They are also watching closely at the mall. To make matters worse, an insurer may not cover your loss if the vehicle was stolen with the keys in the ignition.

If you absolutely need to step in a warm vehicle, invest in a remote starter. They are available from

the factory, as accessories at your dealership or at specialized automotive shops. They will allow you to start the vehicle from the warmth of your home with no keys in the ignition and doors locked. To prevent a thief from stealing the vehicle, most systems will shut the engine off if the door is opened without having been unlocked through the remote.

Many items can help either prevent loss or recover a stolen vehicle. Think of using a locking bolt system for winter wheels. There is a huge market for winter tires and walking to wheel-less vehicle is frustrating.

In conclusion, always lock your doors, don't leave anything in plain sight, don't leave electronics or valuables within reach, and park in well-lit areas when possible.

PHILIPPE CROWE

Did You Know?

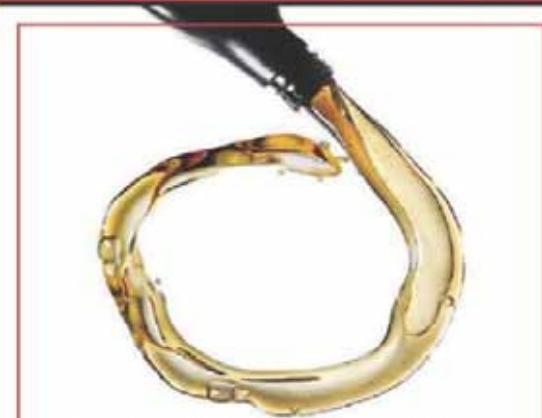
With Honda factory-trained technicians and Genuine Honda Parts, we have what it takes to help keep you on the go through the worst that winter can bring.

- Over time your battery's efficiency gradually deteriorates which can affect the ability to accept and hold its charge, and to start the engine. Let your Honda dealer test your battery's charging system on your next visit to ensure its performing properly.
- Watch out for black ice at temperatures between +1°C and -4°C in the middle part of the day. Typically it leaves the road surface looking black and slimy in shaded areas and on bridges and overpasses.
- The 7 degreeC Rule. When the temperature drops below 7°C, all-season tires begin to lose their grip. Winter tires retain their elasticity and grip at lower temperatures, greatly reducing stopping distances.
- Each Genuine Honda Part is precisely designed and rigorously tested by Honda. This helps ensure that each part will function at its optimum performance level while providing the durability and reliability that you expect from your Honda.
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Wednesday, September 25, 2013



The Oilers' Tyler Pitlick drives Danny Kristo of the Rangers into the boards at Rexall Place on Tuesday. DEREK LEUNG/GETTY IMAGES

Oilers drill Rangers for 4th straight win

NHL. Edmonton pushes its pre-season record to 5-1-1 with key contributions from Eberle and Perron

Jordan Eberle had a goal and two assists and David Perron scored twice as the Edmonton Oilers won their fourth consecutive pre-season game, defeating the New York Rangers 5-3 on Tuesday night.

Taylor Hall and Ben Eager



also scored for the Oilers, who improved to 5-1-1 in exhibition action.

Marc Staal, Dan Girardi and J.T. Miller replied for the Rangers (1-3-0) who lost games on back-to-back nights

in Alberta.

New York struck first eight minutes into the opening period after Oilers defenceman Jeff Petry hit the side of his own net with a pass and Mats Zuccarello was able to get it behind the net and send it back to Staal at the point. Staal's long shot through traffic beat Edmonton starter Jason LaBarbera glove-side.

Edmonton got that goal back five minutes later just as a power play concluded as Hall was able to tip a Justin Schultz shot past Rangers goalie Martin Biron.

The Oilers took a 2-1 lead on a goal with just 30 seconds remaining in the first period as Mark Arcobello sent a long lead pass toward the Rangers net and Perron was able to out-hustle New York defenceman Aaron Johnson to the puck and chip it past Biron for his fourth of the pre-season.

Ahead 4-2 in the third period, Edmonton took a commanding three-goal lead when rookie Darnell Nurse sent a pass from behind the net and Eberle was able to lift a backhand shot into the net.

THE ASSOCIATED PRESS

NFL. It's not delivery, it's surgery for Lions' Burleson

Two days after a victory that for this franchise was downright historic, the Detroit Lions are facing another dose of adversity.

Receiver Nate Burleson broke his arm in a single-car accident early Tuesday after he reached over to keep two pizza boxes from falling off the front passenger seat, authorities said. Surgery is scheduled for Wednesday.

Burleson's car hit a centre median wall on a highway in suburban Detroit and he was



Quoted
"Nate'll be back at some point, and when he will, he will be a big contributor again to our team."

Lions coach Jim Schwartz on Nate Burleson taken to a hospital.
THE ASSOCIATED PRESS

Winter Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics.

The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the Games. The visit comes five days before the lighting of the flame in Olympia, Greece. THE ASSOCIATED PRESS

MLB. Blue Jays come up big in role of spoiler, end Orioles' wild-card hunt

The Toronto Blue Jays eliminated Baltimore from the playoff hunt Tuesday night, using two clutch RBI singles by Mark DeRosa to beat the Orioles 3-2 in 10 innings.

Baltimore's sixth straight loss, combined with Cleveland's comeback win over the Chicago White Sox, left the Orioles six games behind the Indians for the final wild-card slot with five games left.

THE ASSOCIATED PRESS



Chris Davis and the Orioles won't be playing post-season baseball.

PATRICK SMITH/GETTY IMAGES

Hockey

Crosby's mom joins CWHL board

Sidney Crosby's mother, Trina, has accepted an invitation to join the board of the Canadian Women's Hockey League. She is making the move to become more involved in women's hockey because of a conversation with her 17-year-old daughter. THE CANADIAN PRESS

Lance Armstrong

U.S. feds vie for lawsuit to proceed

Justice Department lawyers urged a federal judge not to dismiss the government's fraud lawsuit against Lance Armstrong, arguing the U.S. Postal Service was tainted by its sponsorship of his team while he used performance-enhancing drugs to win the Tour de France.

The Postal Service, which insists it didn't know about a drug regimen that was exposed last year, is permanently linked to what the government lawyers called "the greatest fraud in the history of professional sports" in court records filed Monday night.

THE ASSOCIATED PRESS

NBA

"I apologize. If you see me around town, come give me a hug, give me a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.

Checking out a clean sheet of ice

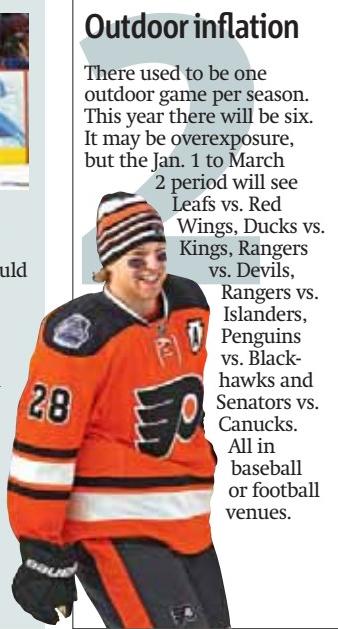
The 2013-14 NHL season starts on Tuesday night. Here are six storylines worth following:

THE CANADIAN PRESS
Photos by Getty Images



Winter Olympics

Speculation on who should make 2014 Olympic squads, especially Canada's, will be rampant through the first half of the season. Players from the 12 countries that qualified for the Games in Sochi, Russia, will certainly have it in mind as they approach the Feb. 9 to 25 Olympic break.



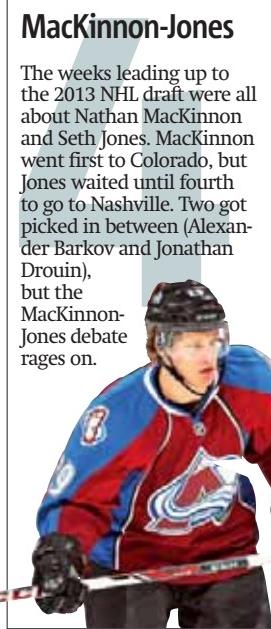
Outdoor inflation

There used to be one outdoor game per season. This year there will be six. It may be overexposure, but the Jan. 1 to March 2 period will see Leafs vs. Red Wings, Ducks vs. Kings, Rangers vs. Devils, Rangers vs. Islanders, Penguins vs. Blackhawks and Senators vs. Canucks. All in baseball or football venues.



Fisticuffs

Is goon hockey back? It looked like it in some pre-season games, notably Toronto-Buffalo. The Leafs added muscle last year, the Sabres got the hulking John Scott and now even mild-mannered Montreal has signed George Parros. Hard to believe given that after the 2004-05 lockout, it looked like the enforcer was going extinct.



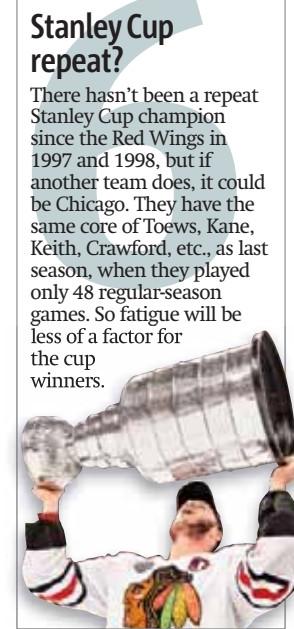
MacKinnon-Jones

The weeks leading up to the 2013 NHL draft were all about Nathan MacKinnon and Seth Jones. MacKinnon went first to Colorado, but Jones waited until fourth to go to Nashville. Two got picked in between (Alexander Barkov and Jonathan Drouin), but the MacKinnon-Jones debate rages on.



Roy era in Colorado

For the last eight years, Patrick Roy has been a fiery presence as GM and head coach of the junior Quebec Remparts. Now the Hall of Fame goaltender is the coach in Colorado, and has a say in management with old teammate Joe Sakic. With Roy's gusto and lots of young talent, the Avalanche won't go unnoticed.



Stanley Cup repeat?

There hasn't been a repeat Stanley Cup champion since the Red Wings in 1997 and 1998, but if another team does, it could be Chicago. They have the same core of Toews, Kane, Keith, Crawford, etc., as last season, when they played only 48 regular-season games. So fatigue will be less of a factor for the cup winners.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	88	69	.561	7
New York	82	75	.522	13
Baltimore	81	76	.516	14
Toronto	72	85	.459	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	92	66	.582	—
Cleveland	87	70	.554	4½
Kansas City	83	73	.532	8
Minnesota	66	91	.420	25½
Chicago	62	95	.395	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	63	.599	—
Texas	86	71	.548	8
Los Angeles	76	80	.487	17½
Seattle	68	89	.433	26
Houston	51	107	.323	43½

Tuesday's results

Cleveland 5 Chicago White Sox 4

Toronto 3 Baltimore 2 (10 inn.)

Tampa Bay 7 N.Y. Yankees 0

Texas 3 Houston 2

Detroit 4 Minnesota 2

Oakland at L.A. Angels

Kansas City at Seattle

Monday's results

Tampa Bay 5 Baltimore 4

Texas 12 Houston 0

Minnesota 4 Detroit 3 (11 inn.)

Chicago White Sox 3 Toronto 2

Oakland 10 L.A. Angels 5

Kansas City 6 Seattle 5 (12 inn.)

Wednesday's games — All times Eastern

Oakland (Straily 10-7) at L.A. Angels (Weaver 10-8), 3:35 p.m.

Chicago White Sox (Axelrod 4-10) at Cleveland (Salazar 1-3), 7:05 p.m.

Toronto (Rogers 5-8) at Baltimore (Norris 10-12), 7:05 p.m.

Tampa Bay (Price 8-8) at N.Y. Yankees (Hughes 4-13), 7:05 p.m.

Houston (Keuchel 6-9) at Texas (Perez 9-5), 8:05 p.m.

Detroit (Scherzer 20-3) at Minnesota (Corriea 9-12), 8:10 p.m.

Kansas City (Santana 9-9) at Seattle (Iwakuma 13-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	64	.592	—
Washington	84	74	.532	9½
New York	72	85	.459	21
Philadelphia	72	85	.459	21
Miami	58	100	.367	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	93	65	.589	—
Pittsburgh	91	67	.576	2
Cincinnati	90	68	.570	3
Milwaukee	70	87	.446	22½
Chicago	65	93	.411	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	77	.506	11
San Diego	73	83	.468	17
San Francisco	72	84	.462	18
Colorado	72	86	.456	19

WEST DIVISION

	W	L	Pct	GB
Seattle	90	66	.577	—
Arizona	79	77	.506	11
San Diego	73	83	.468	17
San Francisco	72	84	.462	18
Colorado	72	86	.456	19

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern

B.C. at Winnipeg, 8 p.m.

Saturday's games

Calgary at Hamilton, 6 p.m.

Toronto at Edmonton, 9 p.m.

Sunday's game

Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern

San Francisco at St. Louis, 8:25 p.m.

Sunday's games

Seattle at Houston, 1 p.m.

N.Y. Giants at Kansas City, 1 p.m.

Pittsburgh at Minnesota, 1 p.m.

Baltimore at Buffalo, 1 p.m.

Arizona at Tampa Bay, 1 p.m.

Cincinnati at Cleveland, 1 p.m.

Indianapolis at Jacksonville, 1 p.m.

Chicago at Detroit, 1 p.m.

N.Y. Jets at Tennessee, 4:05 p.m.

Philadelphia at Denver, 4:25 p.m.

Dallas at San Diego, 4:25 p.m.

Washington at Oakland, 4:25 p.m.

New England at Atlanta, 8:30 p.m.

Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern

Philadelphia at Kansas City, 8 p.m.

Saturday's games

D.C. United at Toronto FC, 1 p.m.

Real Salt Lake at Vancouver, 7 p.m.

Houston at New England, 7:30 p.m.

Montreal at Chicago, 8:30 p.m.

Sunday's games

Los Angeles at Portland, 3:30 p.m.

Columbus at FC Dallas, 8:30 p.m.

New York at Seattle, 9 p.m.

San Jose at Chivas USA, 11 p.m.

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& Interior Design

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SAT 10AM - 8PM

SUN 10AM - 5PM

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\$12

SENIORS/YOUTH

\$10

CHILDREN

FREE

(12 AND UNDER)

ADMISSION

\$12

SENIORS/YOUTH

\$10

CHILDREN

FREE

(12 AND UNDER)

ADMISSION

2014 Mitsubishi Outlander



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Easy on gas and your wallet. Could it find a home in your driveway?

MALCOLM GUNN
wheelbasemedia.com

There's a new face at Mitsubishi that should receive more than just a glance. The 2014 Outlander wagon has cleaned up its design act both inside and out for 2014, shedding its dated open-mouth look in the process.

In some respects, the largest vehicle in Mitsubishi's thinned-out fleet appears more like the second-gen edition that served the automaker for the 2007-'09 model years. The styling is much more contemporary, making the Outlander appear just as attractive from the rear as from the front. The 2014 edition still shares the previous Outlander's platform and basic dimensions — length, width and distance between the front and rear wheels — equating to nearly identical space for pas-

sengers and cargo as before. However the competition in this bracket is a tad roomier and it's a squeeze when accessing the optional third-row bench of the Outlander.

Regardless of seat assignment, all passengers will be treated to an improved environment. Mitsubishi has upgraded the seats, door panels and dashboard and added more cabin insulation for a quieter ride. As well, the split-folding second and available third rows have been redesigned to fold more easily. Overall, the Outlander has shed some 90 kilograms, which should be a boon to performance. The standard powerplant is a 2.4-litre four-cylinder that produces 166 horsepower and 162 pound-feet of torque. That's down slightly from before, but with the weight reduction it won't be noticed.

The four-cylinder is standard with the ES, while SE and GT S-AWC trims are fitted with a 3.0-litre V6 that delivers 224 horsepower and 215 pound-feet of torque. That's a drop of 15 horses, but it's dead even in

2014 Mitsubishi Outlander

Type. Four-door, front/all-wheel-drive wagon

Engines (hp). 2.4-litre SOHC I4 (166); 3.0-litre SOHC V6 (224)

Transmissions. Continuously variable; six-speed automatic (V6)

Base price (incl. destination)
\$27,700

Safety

There's a host of available crash-avoiding electronic safety systems designed to keep you in your proper lane, alert you to approaching vehicles from adjacent lanes and help you maintain a safe distance from vehicles directly in front.

Compare



1 **Hyundai Santa Fe**
Base price: \$26,900



2 **Chevrolet Traverse**
Base price: \$34,900

Fuel Economy

The four-cylinder engine rates 8.2 l/100 km in the city and 6.3 on the highway (down from 9.0/7.0). The V6 improves to 10.1/7.1 from 10.9/7.8. A driver-controlled "Eco" setting cuts some of the engine power and A/C functionality for further gains, however slight they might be.

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■ AMG Styling Package
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Taxes extra.

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© 2013 Mercedes-Benz Canada Inc. 2013 B 250/2013 C 300 Sedan with Premium & Sport packages/2013 E 350 4MATIC™ shown above, National MSRP \$29,900/\$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200)/\$6,300. **Total price of \$32,540/\$46,180/\$60,940 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. *Lease offers based on the 2013 B 250/2013 C 300 4MATIC™ No Charge Premium (\$2,350) and Sport (\$1,200) Packages/2013 E 300 4MATIC™ Sedan available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$29,900/\$328/\$568 per month for 48/48/36 months. Down payment of \$5,190/\$8,040/\$9,040 plus security deposit of \$300/\$400/\$600 and applicable taxes due at lease inception. MSRP starting at \$29,900/\$43,540/\$58,300. Total discount of \$4,000 on the C 300 4MATIC™ Sedan, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 2.9%/1.9%/2.9% applies. Total obligation is \$19,745/\$24,156/\$30,059. 18,000 km/year allowance (\$0.20/km/\$0.20/km/\$0.30km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$29,900/\$43,540/\$58,300. Monthly payment is \$459/\$606/\$818 (excluding taxes) with \$5,630/\$6,639/\$8,470 down payment. Cost of borrowing is \$620/\$819/\$1,105 for a total obligation of \$33,132/\$42,971/\$57,518. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends September 30, 2013.

5
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Rio4 SX with Navigation shown[△]
**2013
RIO 4-DOOR**

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

~~WAS
\$84~~

EXISTING DISCOUNT
\$900
LOAN SAVINGS

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\$500***

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\$77*** BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, **\$900 LOAN SAVINGS** and **\$500 UPGRADE BONUS***. Offer based on 2013 Rio 4-door LX MT with a purchase price of \$15,372.

Optima Hybrid Premium shown[△]
**2013
OPTIMA HYBRID**

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.4L/100KM

~~WAS
\$31,572~~

EXISTING DISCOUNT
\$6,600
CASH SAVINGS

**UPGRADE BONUS
\$1,000***

**NOW
\$23,972***

Offer includes delivery, destination, fees, **\$5,600 CASH SAVINGS**, **\$1,000 ECO-CREDIT** and **\$1,000 UPGRADE BONUS***. Offer based on 2013 Optima Hybrid Base with a purchase price of \$31,572.

Sportage SX shown[△]
**2013
SPORTAGE**

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

~~WAS
\$23,767~~

EXISTING DISCOUNT
\$3,775
CASH SAVINGS

**UPGRADE BONUS
\$750***

**NOW
\$19,242***

Offer includes delivery, destination, fees, **\$3,775 CASH SAVINGS** and **\$750 UPGRADE BONUS***. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of \$23,767.

Rondo EX Luxury shown[△]
**THE ALL-NEW 2014
RONDO**

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

~~WAS
\$129~~

INCLUDES

**UPGRADE BONUS
\$1,000***

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\$124*** BI-WEEKLY

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **\$1,000 UPGRADE BONUS***. Offer based on 2014 Rondo LX MT with a purchase price of \$23,482.



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The Power to Surprise

Watch for hard shifting on this Regal

Second gear.
2011-2013
Buick Regal

JUSTIN
PRITCHARD
drive@metronews.ca

Some seven years after the moniker was last ditched, Buick brought back the Regal nameplate to inject some sporty and youthful flare into their product lineup with the goal of attracting a younger shopper to the brand.

With European underpinnings, a long list of safety features, sporty suspension tuning and a high-efficiency four-cylinder engine, the Regal had the right stuff for the job. A fresh new cabin helped round out the package. Feature content included navigation, a potent Harman Kardon stereo system upgrade, heated leather, xenon lights, automatic climate control, full multimedia connectivity, Bluetooth and plenty more.

Common issues

Note that virtually any Regal you might be considering will still carry some portion of the brand's extensive powertrain warranty—though a few checks are advised. Be double sure to have the computer system of any Regal with the eAssist system scanned for warnings. Though sales volumes of this new powertrain option are too low to nail down any sort of reliability data just yet, a computer scan can help uncover any potential issues. Drivability-related issues like poor or sporadic performance, hard gear changes and jerky performance can likely be fixed by a reprogramming of the Regal's powertrain control modules. Numerous owners have reported issues with the volume control on the upgraded stereo system. Finally, any model exhibiting a rough idle should be checked out by a GM-trained mechanic for potential sensor and fuel-pump issues.



CONTRIBUTED

Engine

Depending on the year in question, look for Regal with a 2.4 litre, direct-injected four-cylinder engine, or a 2-litre turbo unit making 220 or 270 horsepower depending on the model. Six-speed transmissions were available as was an 'eAssist' light hybrid powerplant.

The verdict

If the Regal models you're test-driving don't exhibit any of the issues mentioned above, opt for the lowest-mileage unit you can afford to maximize the protection of the powertrain warranty. Seek out a model with full service records and one that's been treated to regular fluid changes.

What owners like

Highly rated by owners are the Regal's handling, ride quality, performance with the turbo engine, noise levels, seats and overall responsiveness. The luxurious cabin appointments, stereo system and powertrain refinement were also rated highly.

What owners dislike

Some owner wish for easier entry and exit, which is likely a function of the shape of the Regal's sloped roof. Rear space isn't friendly for larger adults, and performance from the non-turbo engine is rated as merely adequate.

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EHIDS.COM

Mud and wood: The simple basis of modern car design

Driving force.

Advanced computers may take over the latter stages, but most of today's car ideas start as lumber and clay

JIL MCINTOSH
drive.metronews.ca

How does a car come to be? Many of us picture a designer sketching a vehicle on a napkin in a moment of inspiration, and that's what makes it to the showroom a little while later. In reality, cars are created by teams of designers, some of whom work specifically on tiny details, and it can take three years or more.

"Design is not a linear process," says Adrian Van Hooydonk, senior vice-president of BMW Group Design. "We always do a design competition, meaning that I brief the design team, and the designers do lots of sketches. I look through them with my design managers, I select the most promising ones, and then together with the board of management, we select the exterior and interior designs that will lead the company into the future."

Many designs do actually start with a pencil sketch, but the bulk of the work is done

Moving into the future

• **New challenge.** New materials can create challenges. BMW had to create new methods of design and construction for the carbon fibre reinforced plastic that it uses in its upcoming electric and hybrid cars.

• **Tinkering.** Minor changes can have a major effect. Lowering the roofline a few centimetres could reduce visibility or make it hard to get into the car.

• **Origins.** Clay models for auto design have been around since the late 1920s, and it's possible that General Motors was the first to use them.

Quoted

"We have an ergonomic department for the best possible arrangements of switches and displays."

Adrian Van Hooydonk, senior vice-president of BMW Group Design

with CAD (computer-aided design), which lets designers work on a virtual three-dimensional model. Eventually, many vehicles are also rendered in clay: the team builds a wooden frame and covers it with modelling clay to create a full-size version.

It's the final touch of realism that the computer can't create, and gives the designers an opportunity to check the vehicle's proportions and how it looks from all angles. If something isn't right, excess clay can be scraped away, or more clay added to change the lines.

While a group of designers is working on the exterior, another team is crafting the interior, which also usually starts with pencil sketches and CAD programs. It's also common to make clay models of the inside, so that designers and engineers can actually reach for door handles, hold the steering wheel, or determine the best placement for switches and controls.

"We have an ergonomic department for the best possible arrangements of switches and displays," Van Hooydonk says.

"We have screens in the car, so we will need fewer switches, but there is more information coming in. Our task is to manage that, so that in future, complex vehicles will be easier again."

Hand-built concept cars for the auto show circuit can use all sorts of futuristic designs and materials, but when designers create production vehicles, the teams must work closely together to ensure that the vehicle has enough interior space, will meet safety standards and can be stamped out and assembled on a production line.



Making a clay model helps designers finalize their measurements, among other things. PHOTO COURTESY OF BMW

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Parts Department

WHEELBASE MEDIA

McQueen's jacket

More than three decades after his death from cancer at the young age of 50, actor Steve McQueen is still referred to as The King of Cool. A big part of what made the man such an icon were the cars he drove and the clothes he wore in such movies as Bullitt and Le Mans. Now, Porsche Design — an offshoot of the Germany-based sports-car maker — has created a vintage-style polyester racing jacket that features McQueen's signature and logo stitched on the front and on the inside lining. A Porsche logo is on the back. Jackets are available in blue only in sizes small through 3XL. Order yours for \$500 directly from the Porsche Design at shop1.porsche.com/usa.



Vital vehicle vacuum

The idea of dragging a corded vacuum through an ocean of water after washing the car should make you think twice. A cordless vacuum would be great, but they just don't have the same grunt and the batteries don't last right? The Dyson DC34 portable, on the other hand, is perhaps the next best thing to a corded vac. Using the company's patented Root Cyclone technology, the DC34 really performs, while the lithium-ion battery pack provides 15 minutes of power on "high" and six minutes on "MAX" for tougher jobs. The DC34 weighs in at less than three pounds and can be a little tough to maneuver in tight places due to its size, but because it's a handheld, there's no hose chaffing door-sill edges and trim while you work. You can read more and order yours for \$199 at dyson.com.



Keep your edibles iced

Most people don't consider the kind of coolers they're packing when camping or picnicking. They load in some ice and hope its contents stay chilled for a few hours before adding more frozen H2O. But Pelican Products' line of heavy-duty Elite Coolers will retain water in its solid state for between seven to 10 days, thanks to two inches of thermal insulation surrounding the storage area and a freezer-grade gasket between the lid and the box. The latches on all their models are also of the heavy-duty variety, as are the handles and other hardware, which is why all Pelican Elite coolers are guaranteed for life. They're available in a wide variety of sizes, from 35-250 quarts, with prices starting at about \$250 from various online suppliers. Get all the product details from pelican.com.



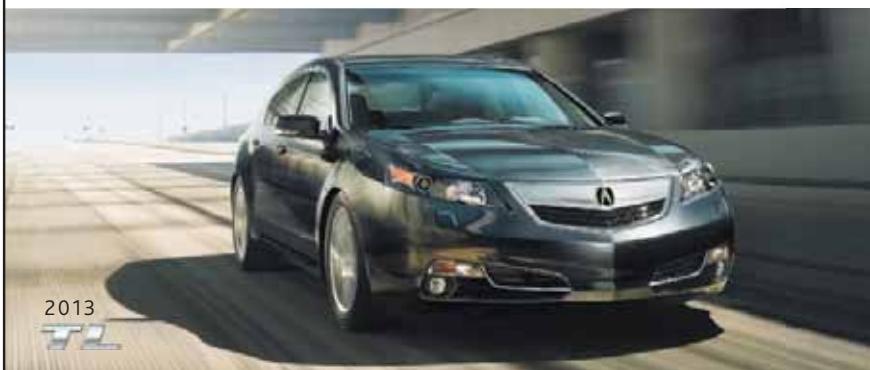
Keep on track

If you or someone you know is a big race fan, he or she likely has a favorite track or two, whether close to home, in another part of the country or at the opposite end of the globe. The Linear Edge offers visual representations of various Formula One, NASCAR and American LeMans racing venues in addition to a number of motorcycle tracks. Each is produced using Baltic birch over a laminated plywood base, then precision cut to a specific design. These works of art make interesting conversation pieces and would actually look really cool hung on a wall in a den or garage using the special Velcro mounting strips that are supplied. Prices range from \$140-\$185, depending on the track (Watkin's Glen, N.Y., pictured). Check out the entire inventory at linearedge.com.



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Preparing your car for cold-weather storage

Protect it. Follow these tips to ensure your prized possession stays in tip-top shape while being stored over the winter

With fall here and winter on the horizon, now is the time for automotive enthusiasts to prepare their prized vehicles for cold-weather storage.

Dave Lambert, brand manager for Autoglym Canada, says the most important step in preparing your car for storage is a full cleaning including washing, polishing and protecting the exterior of the vehicle.

This ensures that all environmental irritants are removed, protecting the car from rust.

You should also pressure wash the accumulated soiling from the underside, wheel arches and the nooks and crannies of the vehicle.

Remember to ensure that you don't leave any polish or wax on for the duration of storage, especially on non-covered cars — any debris in the environment will settle on the surface and could scratch the finish when you're removing the dried-out polish or wax.

Other simple tips Canadians should follow before they place their beloved automobiles into storage until spring include:

- Making sure all the tires are overinflated to avoid flat spots, or placing the car on axel stands to keep pressure off the tires (don't forget to deflate to the correct pressure when out of storage)

- Leaving the handbrake off to avoid brake seizure
- Covering/blocking any areas where mice or rats can get in, including air filter housings and exhaust tail pipes

- Filling the gas tank up to avoid water accumulation
- Making sure the car has the appropriate amount of antifreeze in it if it is being stored in a non-heated garage

- Placing pieces of plastic wrap on wipers to create a barrier between the blades and the windshield (if left long enough the blades will deform and stick to the glass)
- Making sure the oil and filter is changed

- Remove any food wrappers/debris from the interior before vacuuming
- Clean and dry soiled fabric or hard plastics using an interior car shampoo

- Clean and protect leather by using leather cleaner and conditioner

- Make sure your car is completely dry inside and out before covering it. A quality breathable storage cover can then be placed over the car to protect it during fall and winter.

NEWS CANADA



Prepare your vehicle for storage with a full cleaning, including washing, polishing and protecting the exterior. iSTOCK

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Be sure to contact your insurer, even if your vehicle hasn't sustained any significant damage. iSTOCK

Involved in a fender bender? Here's what you need to know

Accidents. Many Canadians aren't completely confident about what to do if they've been in a minor accident

Whether you're an experienced road warrior who drives three hours a day or a brand new driver, would you know what to do if you were involved in a fender bender?

Research by TD Insurance indicates that only 31 per cent of Canadians say they are extremely likely to know the exact steps to take in this situation.

Dave Minor, a vice-president at TD Insurance, suggests following these steps from TDInsurance.com, if you

get into a fender bender:

Move your vehicle

Half of the Canadian drivers surveyed (51 per cent) incorrectly believe that if they've been in an accident, they should never move their vehicle from the road before the police come or they will not be able to determine who was at fault.

This isn't always the case. If you're able to safely move your vehicle out of the flow of traffic while protecting your vehicle from further damage, do so.

Keep calm and carry on

Try not to panic or make any rash decisions. When speaking with the other party involved, don't accept money or fault for the fender bender and don't agree to just "forget about it."

Documentation

- Take notes. Include details of the accident and identification of the vehicles and people involved. If possible, take pictures and/or draw a diagram of the accident scene to assist with documentation.

Contact your insurer

Three in 10 Canadian drivers incorrectly believe that if they are in an auto accident, they only need to report the incident to their insurance provider if their car has sustained significant damage. Your insurance policy requires you to report any accident involving loss or damage to people or property. If you don't report it, it may affect your coverage.

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Staying safe when you're behind the wheel

Accident avoidance.

While new technology could help to reduce collisions, here's what you can do in the meantime to avoid them

Imagine if you could program your car to take you where you wanted to go — all you would need to do is just sit back and relax.

According to the Property and Casualty experts at Desjardins Insurance, this technology is currently being tested. The U.S. military has developed driverless supply trucks and both General Motors and Volvo have announced plans to introduce semi-autonomous vehicles before the end of the decade.

All are using the same basic technology — a network of cameras, lasers and sensors that monitor the road and the outside. These are linked through an onboard computer to control the steering and brakes — either to totally operate the car (with the addition of GPS to navigate the roads) or merely to intervene when necessary.



Help to avoid accidents by sticking to the speed limit. NEWS CANADA

New plants

Volvo expands in Chinese market

Volvo has been granted a license to build more cars in China as part of its drive to sell 200,000 cars in the Chinese market in 2015. An assembly plant at Daqing and an engine plant in Zhangjiakou will join Volvo Cars' manufacturing plant in Chengdu when they are up and running by 2014. Both will be operated as joint ventures with Volvo's Chinese owner Geely. METRO

to avoid potential collisions.

This might sound futuristic, but some aspects of this safety-system technology is already included in higher-end vehicles.

The net effect from the combination of these technologies would be to drastically reduce traffic accidents and consequently lead to a major reduction in auto insurance premiums.

It will still be several years before this technology hits the market, so in the meantime here are some reminders to help you avoid an accident:

Speeding

This is one of the leading causes of road accidents. Even if you think you are in total control of your vehicle, respect the speed limit. Remember — you're not alone on the road and accidents happen without warning.

Cellphones at the wheel

Even though you can use your cellphone while driving by way of a hands-free device, it is recommended that you use it as little as possible. Your attention should always be focused on the road, so it's best to eliminate as many distractions as possible.

Drowsiness at the wheel

As soon as you feel the first signs of fatigue (frequent yawning, itchy eyes, heavy eyelids), stop at a safe place and rest for a few minutes.

Highway driving and heavy vehicles

Make sure the drivers of heavy vehicles can see you and that you keep a reasonable distance.

You must be able to see one of the vehicle's side mirrors at all times. Keep in mind when passing a heavy vehicle that the driver may not see you when you are beside him/her. If you notice the driver starting to change lanes, accelerate or slow down so that he or she can see you.

NEWS CANADA

Drinking and driving

If you feel you've had a few too many, plan on getting home safely by choosing another option, such as:

- A designated driver

- A taxi
- Public transit
- Ask your hosts if you can stay the night

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So you want to buy a used supercar?

Autoknow. Speed can be a cruel mistress, especially to your wallet; the sticker price is just the beginning

TODD D.
BURLAGE
wheelbasemedia.com

With an economy that has left many formerly "rich" people selling off their toys, it has been a bit of a buyers' market for used exotic supercars.

Hey, why not spring for an older Ferrari rather than a newer Corvette? It's what you've always wanted, right? Well, owning a used 10-year-old Ferrari is not to be confused with owning a used 10-year-old Toyota Camry, and many people get a rude awakening. Lance Hedrick is fully aware of the dirty little secret of used supercars.

With more than 40 years in the auto-repair business and at least a quarter century fixing and maintaining supercars, Hedrick knows what kind of cabbage it takes to keep up with a six-figure exotic vehicle.

Everything has a base price, but what Hedrick warns buyers most about supercar ownership is the unforgiving maintenance and repair costs that many

The expert's view

"People wanting to get into these cars a lot of times don't know anything about the mechanical attributes of them."

exotic buyers either overlook, or simply don't expect. The fact is that although a car might seem like a deal at one third of its original sticker, parts and labour for maintenance and repairs are still at full price. Add the cost of fuel, insurance, and even a pricey "gas-guzzling tax" as an efficiency penalty, and the annual cost of owning a Lamborghini, McLaren or Aston Martin can make the cost of putting a child through university look like owning a pet rock.

As such, Hedrick earns a good living working on everything from the AC Shelby Cobra and Saleen S7 to the 1972 Pantera DeTomaso and 308 Ferrari, all of which carry maintenance schedules and costs worth as much or more than the cost of a used supercar over a three or four-year period.

According to the American Automobile Association (AAA) the average cost to drive a standard production automobile one mile (1.6 kilometres) is about 52 cents, while the price to drive one of these supercars can reach \$11 per mile. Of course, supercars generally don't travel as far, so that number is likely skewed higher.

One analysis estimates the yearly cost of owning an "average" supercar will exceed \$20,000.

"People wanting to get into these cars a lot of times don't know anything about the mechanical attributes of them," Hedrick said. "They don't have buckets full of money but everybody wants one of these cars. They'll see what they believe is a decent price but they haven't done their homework."

Hedrick owns and operates Hedrick Motiv Werks



If you're sweating the \$110k it might cost to buy a used Lamborghini like this, then it's likely not for you since that's just the beginning of the cost of ownership.

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Are you buying someone else's problem? That's a carpenter's pencil holding in this Ferrari 348 battery. Some owners try to cut corners on maintenance, so be wary of used supercars that appear to be a great deal. ALL IMAGES WHEELBASE



It's OK to own a used Ferrari but maintenance is frequent and expensive.

(hedrickmotivwerks.com) near the Lake of the Ozarks, Mo. And while most of the company's wealthy clients fly in on private jets and don't seem to care much about paying \$2,000 for an oil change for their Ferrari, it's a near-vertical learning curve for the first-time buyer of a used supercar.

These machines are often so finely tuned and fragile, even the slightest mishap during an oil change or lube job can result in a four-figure repair bill that might go undetected and unreported. Hedrick called it commonplace to find damage on the underbody from careless jacking of the vehicle, or just "laziness" from a previous mechanic.

Bent tubing and cracked welds that allow moisture into secure areas are two of the most common issues Hedrick encounters when working underneath one of

these vehicles. "You wouldn't believe what I see. And most of it is caused by people trying to work on the car that don't understand the car." Hedrick also warned potential supercar buyers against the fallacy that low kilometres plus low price equals a great deal. Like a caged tiger, these high-performance vehicles need to stretch their legs, breathe and roar. It's good for the engine, and for longevity.

"Rubber deteriorates; so do the hoses, belts and the metal," Hedrick says. "You're not ever bringing the engine up the temperature to percolate the moisture out so it starts to develop corrosion."

Hedrick said it is not unusual for homeowners in his area to have a supercar "trophy" stashed in their garage as more of a status symbol or showpiece than any kind of transport mode or joyride.

"I had one customer who

maintained his car but he never really drove it, which is the worst thing you can do.

"Lack of use is definitely something to look out for if you're shopping for one of these vehicles."

Hedrick used the example of a brake rotor accumulating that fine layer of rust after a wash or rain as to why regular usage helps to keep the engine parts clean and operations smooth. "Amplify that buildup by 10 times inside of a motor and you can be talking about big time repair costs even though the car was never even used," Hedrick said.

"The problems that never really had a chance to come to the surface, that are inherently there in the car, you're going to end up bearing the whole brunt of it being the second (or third, or fourth) owner of a low-mileage car." If you're still

Hedrick's experience

"You wouldn't believe what I see. And most of it is caused by people trying to work on the car that don't understand the car."

brave enough to spend your money on a used supercar, Hedrick said the number one rule is to make sure all maintenance records are available, accurate and well organized.

"It's just like buying an airplane," he explained. "You're going to need those records because the maintenance of these vehicles is some of the biggest expense. If you can't verify the maintenance records, the car itself doesn't really have that much value."

Horoscopes

Aries

March 21 - April 20

Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll be out of mind as well.

Taurus

April 21 - May 21

The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

Gemini

May 22 - June 21

You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

Cancer

June 22 - July 23

Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities your way but you may miss them if your mind is stuck on trivia.

Leo

July 24 - Aug. 23

Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

Virgo

Aug. 24 - Sept. 23

You give people the benefit of the doubt but there could be problems if you trust too easily today. If you are asked to give your blessing to a project, demand to know more first.

Libra

Sept. 24 - Oct. 23

The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

Scorpio

Oct. 24 - Nov. 22

Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would be wise to recognize that.

Sagittarius

Nov. 23 - Dec. 21

No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

Capricorn

Dec. 22 - Jan. 20

You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

Aquarius

Jan. 21 - Feb. 19

A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

Pisces

Feb. 20 - March 20

Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Noise, for short
- Minestrone, and others
- Fancy affairs
- Ode, for one
- Actress Ms. Raymonde
- American state
- Canadian comedian hosting new trivia game show "Spin Off": 2 wds.
- Hairstyling hues
- BC's ___ Valley
- Canadian current events magazine
- British explorer-in-Canada Mr. Hudson
- Canadian figure skater Patrick
- Nova Scotia's provincial bird
- Particulars
- Hail ___ (Taxi!)
- L'Isle-___Coudres, Quebec
- Pot holder
- Make the history books by winning a race in what?: 3 wds.
- Arctic-set silent documentary film of 1922, ___ of the North"
- Iron's partner
- Original matter, in Cosmology
- Plods along
- Aim
- Wild cherry
- "Pardon me..." [pl.]
- Updated versions

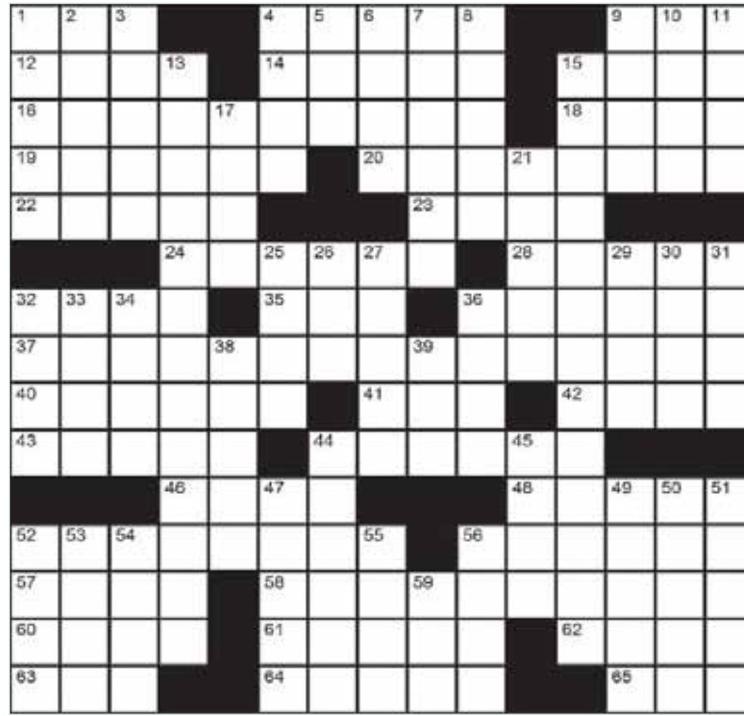
Down

- Inconspicuous: 2 wds.
- Joanie's portrayer
- Be a Member of Parliament, for instance: 2 wds.
- PBS culinary show, "Simply ___"
- Linda of "Dynasty" [pl.]
- Marijuana puff

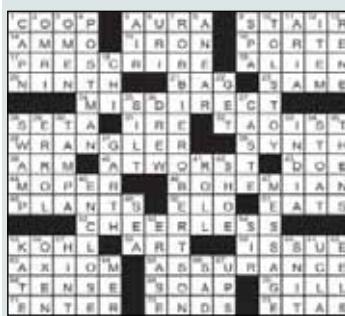
- Positive response
- French painter Edgar (b.1834 - d.1917)
- Kitchen meas.
- proceeding, in law)
- Canadian broadcaster Mr. Soltendieck
- Comic books legend Mr. Lee
- Katharine Hepburn's tree
- E pluribus ___ (Out of Many, One)
- prosequi (Not

- Louis Armstrong nickname, Ambassador ___
- ELO hit: 2 wds.
- Actor Mr. Wilson
- Canadian singer Ms. Jordan
- Twitter = ___ site
- 21st-century crime: 2 wds.

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	5	8	9	2	1	7	3
1	7	8	6	3	4	9	2	5
2	9	3	1	7	5	8	6	4
8	3	4	7	1	9	6	5	2
9	6	2	5	4	8	3	1	7
5	1	7	3	2	6	4	8	9
7	8	1	9	5	3	2	4	6
3	2	6	4	8	7	5	9	1
4	5	9	2	6	1	7	3	8

8			6		
4			5	7	3 1
5	1				9
2	6		4		
		9	2		
		5		8	2
7				1	9
1	4		2	8	6
		7			3

Weather

TODAY



MAX: 13°
MIN: 4°

THURSDAY



MAX: 12°
MIN: 4°

FRIDAY



MAX: 17°
MIN: 1°



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\$18,988	\$27,988

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**DON FOR MAYOR
IVESON**
Monday, October 21st